

Tai Chi & Qigong...

...are among the most effective and proven self-healing energetic fitness methods known for helping people boost their immune systems, release stress and anxiety, and achieve vibrant health and flexibility well into old age. **Qigong** literally translates as *energy work*, and refers to practices which develop the core energy of your body. Physical movement, breathing, and



Don Myers demonstrating a Wu Style Tai Chi posture.

mind intention are employed to help you gain enhanced awareness of your body and energy so you feel more alive.

Tai Chi & Qigong Instruction is available for individuals and small groups (of 2-6 people depending on the course topic) at a private studio in

Geneva, Illinois, and **Asian Bodywork Therapy Sessions** for individuals can be scheduled. Larger ongoing classes and workshops are being planned for 2011. Customized **Organization & Business Seminars** are also available.

Anyone with serious medical, emotional, or mental health concerns should consult with their appropriate health care professionals before engaging in Tai Chi and/or Qigong practices, or receiving Asian Bodywork Therapy. Descriptions of health benefits are for informational purposes only and do not imply specific results for any individual and/or health condition.



Silver Ox Tai Chi

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Tai Chi • Qigong
Acupressure • Tuina

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Silver Ox Tai Chi...

...teaches several traditional qigong and tai chi methods specifically chosen for their health and stress relief benefits to modern-day Westerners:

Dragon & Tiger Medical Qigong is a 1500 year old traditional Chinese medical qigong system. Its seven movements are easy to learn and quickly give you a recognizable feeling of qi energy in your body. You will learn how to stretch and move your joints, release tension, stress, and pain, activate your meridians, and increase your overall energy level.

Longevity Breathing Qigong teaches you to breathe with your whole body - your belly, sides, and the whole of your back - while moving and massaging your internal organs and spine. These breathing techniques help you to become more conscious of the inside of your body, so you can gain a greater awareness of the present state of your health. You will also learn about the basics of energetic breathing, the foundation of classic Taoist longevity practices.

Opening the Energy Gates of Your Body Qigong combines standing meditation and movement practices in which you: use your mind to release pain and tension from your body; develop healthy body alignments necessary for maximum energy flow; energize your internal organs ; completely relax the muscles of your back, neck, and shoulders, and feel, release, and move each vertebra of your spine.

The Marriage of Heaven and Earth Qigong is a two-movement exercise that is easy to learn for people of any age or body type. It is a great introduction to the physical movements, energetic principles, and stress-reducing elements of tai chi and qigong. It is helpful for healing back, neck, spine, and joint problems, and is especially effective for helping to mitigate repetitive stress injuries, carpal tunnel problems, and arthritic conditions.

Gods Playing in the Clouds Qigong is an advanced method which incorporates some of the oldest (3000 to 4000 years) and most powerful Taoist rejuvenation techniques. These methods amplify all the physical, breathing, and energetic components learned in basic and intermediate qigong programs, and complete the process of integration. Practicing these movements can make your bones stronger, cleanse your emotional body of negative energy, open and stabilize your heart center and central energy channel, release spiritual blockages, and energize the brain. Gods Playing in the Clouds also serves as a spiritual bridge to Taoist meditation.

The **Wu Tai Chi Short Form** consists of a four to five minute sequence of precisely choreographed movements, practiced in a slow, meditative manner. The movements are specifically designed to help one develop calmness, flexibility, coordination, balance, stamina, and greater energy. The Wu style emphasizes small, compact movements, and its high stance and low-impact movements are easy on the joints, improving their flexibility and mitigating arthritis. Practicing this form can give you the majority of the health and spiritual benefits of the tai chi long forms. [For students who want to learn more, **Wu Tai Chi Long Form** instruction is also available.]

Asian Bodywork Therapy

This branch of Traditional Chinese Medicine uses manipulation of the body and energy to restore balance and health. Your session will include a consultation and assessment to determine the general state of your health and to discuss your specific complaints and conditions. A number of different therapy modalities are employed:

- Acupressure and Shiatsu stimulate the flow of qi in the acupuncture points and meridians - without the use of needles!
- Tuina uses a wide variety of techniques, from gentle to deep tissue, to work out qi blockages.
- Qigong Tuina is a special branch of Chinese bodywork that balances the qi in the nerves, internal organs, and deeper energy channels of the body.
- Reflexology is point work on feet, hands, and ears.

About the Instructor/Therapist

Don Myers has over 25 years of experience as a practitioner of Tai Chi & Qigong, and has been teaching for nearly 20 years. His main teacher is Taoist Lineage Master Bruce Frantzis. Don has received seven Instructor Certifications through Master Frantzis' Energy Arts program (www.EnergyArts.com). He is also certified through the Institute of Integral Qigong and Tai Chi (www.IIQT.org), and had previously been certified by venerable Tai Chi Chuan Grandmaster William C.C. Chen (www.WilliamCCChen.com). Don is also a Certified Advanced Instructor (Level III) and Professional Member of the National Qigong Association (www.NQA.org).

Don studied Asian Bodywork Therapy at the Acupressure Institute in Berkeley, CA, the Southwest Institute of Healing Arts in Tempe, AZ, Zen Shiatsu Chicago in Evanston, IL, and with Master Bruce Frantzis. Don is a Certified Practitioner member of the American Organization for Bodywork Therapies of Asia (www.AOBTA.org).

Relocated to Illinois in 2006, Don was previously a Lecturer in Qigong and Tai Chi for the Master of Science in Acupuncture, Master of Science in Oriental Medicine, and Massage Therapy programs at National University of Health Sciences in Lombard. He has also taught at Living-Well Cancer Resource Center in Geneva and for several other organizations and institutions.