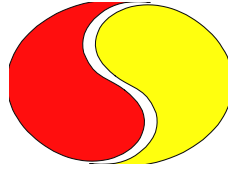


MEDITATION THROUGH GENTLE MOVEMENTS SEMINAR



Come and enjoy a relaxing hour or so exploring natural methods of reducing stress and restoring harmony to your life.

Sustaining oneself in our Western culture produces stresses that leave us prone to occupational and personal burnout. These stresses bombard us on a daily basis, exceeding our resources to cope and can push the mind and body into a chronic tensing pattern. Fatigue, physical illness and general malaise are the result.

These classes will introduce you to a series of gentle movements and breathing exercises of Tai Chi to gently work integrating mind and body energies. Tai Chi utilizes a combination of slow movements, deep breathing and conscious direction of the mind and spirit to cultivate life energy, nourish the body and calm the spirit.

PRESENTER: Janet Athey, PhD is a licensed Clinical Psychologist who has practiced in Charlotte for the past 30 years and enjoys facilitating the process of discovery in others. She has 33-year avocation in the Asian martial arts with a focus on Eastern methods of healing.

LOCATION: 1808 E 7th Street, Charlotte, NC 28204

COST: \$15 per class. Come and enjoy a free introductory session!

This is an 8 class series that requires prepayment to reserve your space. Fees can be paid in half or full. Attendance is limited in order to give sufficient attention to each individual. Calling ahead to reserve space is recommended.