

TAIJI and QIGONG



Ongoing MONDAY NIGHTS 5:00-6:15 PM

*Five Element Martial Arts & Healing Center
3743 Cedar Avenue South, Minneapolis, MN 55407
612-729-7233 www.femamartialarts.org*

**Taiji and Qigong (Ancient Internal Arts from China) which promote
HEALTH & WELL-BEING**

**These practices taught at FEMA by Shifu Koré Grate with over 40 years of
training and teaching.**

Both Taiji & Qigong have multiple active ingredients that help:

FOCUS, BALANCE, CALMNESS in BODY, MIND & SPIRIT

**To lower blood pressure, improve leg/core strength, reduce pain, reduce the
need for medications, increase circulation, better muscular coordination and
reflexes, promote positive attitude and outlook, fall prevention, integration of
right and left sides of the body and brain, support through community practice.**

*Cost is \$45-120 per month sliding scale
Or \$15-25 per class sliding scale (for drop in)*

