



Camp Chesterfield

Presents

*“ Essential TaiJi (tai chi) & QiGong
(chi kung) Level I”*

Christopher Campbell



Sunday, September 29, 2019

9:00 pm - 12:00 pm

Art Gallery East



Essential TaiJi (tai chi) & QiGong (chi kung) Level I

With Christopher Campbell

Registration

PLEASE PRINT CLEARLY

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

Cost: Pre-registration by September 21st - \$30

After September 21st - \$40

Method of Payment:

Cash ____ Check ____ Credit Card ____

Card Number _____

Expiration Date: _____

Make checks payable to: Camp Chesterfield

Mail to: Camp Chesterfield

P.O. Box 132

Chesterfield, IN 46017

Camp Chesterfield

Ph. 765-378-0235

E-mail: Admin@campchesterfield.net

Web: www.campchesterfield.net

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Overview

Learn the essential ingredients to create your own TaiJi (tai chi) practice. TaiJi simply means supreme pairs of opposites and is a natural mind, body, spirit exercise that can help bring out the natural grace in movement in you by improving balance and overall good health. We will learn essential QiGong (chi kung) theory of energy movement along with a fun to do short form of TaiJi.



Christopher Campbell has studied Chinese philosophy for over 45 years and has been enjoying the practice of TaiJi & QiGong for over 30 years. A teacher, mentor and sought-after Yijing consultant, he teaches over 50 TaiJi Balance Exercise Therapy classes per month and shares with over 450 students.
