

Tai Chi & Qigong Online



PLEASE NOTE:

August 11 – September 15

In-person Classes Only at The Wellness Spa

Online Classes will resume September 22nd

I apologize that I will not be offering online zoom classes for the next 6 weeks, however, in-person classes will still be an option for those who want to continue to participate. We will plan for outside classes so we can have enough space for physical distancing while we enjoy some fresh air. We are still required to limit class sizes, so if you intend to come to class, simply call our front desk 715-341-3333 to reserve your spot. “Tai Chi for Wellness” is FREE to those 12 and older, and is offered every Tuesday at 5:30 pm.

Honestly, I need a break from technology and a chance to remember what Qigong represents: a connection to nature and to our surroundings and/or “the 10,000 things”. I am encouraging you to do the same for the next few weeks. Go outside, breath deep, sink your feet into the earth, look up to the heavens and smile, be mindful of the life around you and inside of you, and **Just Be One with Yourself and Qi.**

For those wanting my online recorded classes, currently, they are not available as the free site we were using is now charging a large monthly fee for use. The goal is to purchase a new platform to offer my recorded Tai Chi and Qigong classes again, but please be patient while we find a new resource. In the meantime, I encourage you to continue to practice Qigong and Tai Chi on your own from memory, you-tube options or simply by doing what feels good.

Thank you for your understanding.

Sending Gratitude & Joy,

Deborah



Deborah Adams is an Entrepreneur, Thought Leader and Wellness Expert. Founder and CEO of The Wellness Spa, Inc. since 1994, co-owner Qi Garden Salt Spa and Water Dragon Inn. She is a Master Qigong and Tai Chi Instructor and the author of “The Horse, The Dragon & The 10,000 Things” and holds certification programs to train others to become teachers of her **1 Qi** method. Deborah was a licensed massage therapist for 25 years, personal trainer, dancer and Human Performance coach and brings her acquired knowledge into her keynote lectures, trainings, and retreats. To contact her visit www.DestinationWellness.net or QiGoddess@WellnessSpaResort.com