



Join this Winter 2026 Special Event!

Fire Horse Tai Chi

Welcome the New Year & Learn How to Ride the Energy of the Yang Fire Horse!



Saturday, February 7th 12:00 – 2:00 pm

2026 ushers in the Year of the Fire Horse, a time when energy, independence and courage take the lead. As the world moves into 2026, many people look to Chinese astrology, which has been around for over 2000 years, and is used not just for prediction but for perspective: a way to understand timing, personality and balance.

Join Deborah as she celebrates her own 60-year full circle of the Fire Horse. Learn more about what the year holds, how to best use the energy of the year to put you on the right path, and shed the last bit of the 2025 Snake year so you are prepared to embrace one of the most dynamic and talked about combinations in the Chinese zodiac – the Fire Horse year. No matter what year you were born in, this year will be impulsive yet inspiring, adventurous and filled with enthusiasm, but if you rush in unprepared, you may feel drained or frustrated throughout this upcoming year. Bring a journal and pen as part of the class will be used for reflection, letting go and mindfully planning for the new year. Deborah will also teach her newly created Yang Fire Horse Tai Chi form to welcome in the new year with positive and focused momentum through movement. Don't miss this fun and informative class!

Recommended for ages 14 and up. No experience with Qigong or Tai Chi needed. Please wear comfortable clothing, bring a personal water bottle, and indoor shoes or supportive footwear (not required but suggested). **\$40**

***Registration Required - Reserve your place in class today! Book Online www.WellnessSpaResort.com or call 715-341-3333 for more information. This class is on a pre-pay, non-refundable registration basis.**



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, Water Dragon Inn overnight accommodations, and The Wellness School; Clinical Massage Therapy Training program and facility. 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 method. Deborah uses her experience from 25+ years as a Licensed Massage Therapist, massage therapy instructor, personal trainer, dancer and Human Performance coach and brings her acquired knowledge into her keynote lectures, trainings, and retreats. To contact her visit www.WellnessSpaResort.com

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 www.WellnessSpaResort.com