



# Taiji Peoria, LLC

## MINDFUL MOVEMENT CENTER

Our mission is to improve health through mindful movement. Tai chi (taiji) benefits include improved balance, reduction in anxiety, improved cognitive function, and improved circulation.

July 2020

### *Two Years and Counting*

By Keith Boswell

**The Mindful Movement Center opened 2 years ago with the intent to help people build their health by connecting mind and body.** The idea was grounded in the knowledge and experience of our teaching team and a core of committed students, who have benefited from regular Taiji and Qigong practice. Our goal was to increase the opportunity for learning and to share practices that build wellness. The commitment to teach 6 classes per week, as well as focused seminars and workshops, has helped people accelerate their learning.

So we would like to thank everyone that has supported us over the last two years. Whether it was just for a short time, from a long distance or contributing your talents in other ways, you helped to build the MMC environment to where we are today. We really appreciate your interest and support, and we look forward to a future learning together.

So after two years, still moving .....

***Mindfully***



### **HOPE**

We hope everyone is following CDC guidelines to stay healthy and safe. With the current situation still evolving, class schedules and locations may change. Please check Facebook and our website for updates.

We welcome your feedback and suggestions to help improve our program and meet your needs.

Let's be a channel of **Healing, Optimism, Peace, and Empathy.**



## *Smile, Relax and Breathe*

By Keith Boswell

We find ourselves in perhaps the most stressful period in decades. We are facing a deadly, highly contagious virus, causing the worst economic conditions since the Great Depression. The health system is critically stressed in some communities, and the food supply chain is also feeling the impact of the virus as well. Shelter at home is pretty much the rule across the country. Closures of businesses, sports activities, restaurants and bars have created an unusual and unnatural environment. As a result we have a huge challenge with how to manage our stress and anxiety. When we experience stress and anxiety over an extended period of time, it can really have an impact on our immune system, cardiology and neurology. So it is important to have a plan to deal with the stress.

First and foremost, we need to look at our daily schedule. We must take time for good nutrition, at least 7 hours of sleep, and some form of moderate exercise. Additionally, many experts recommend Tai Chi as a way to combat stress. There have been formal studies conducted that demonstrate the positive effect Tai Chi has on the immune response, suggesting that it may be helpful to strengthen and balance the immune system's ability to fight viral infections.

The Mindful Movement Center offers an evidence based system that is focused on improving mental and physical health. Our mission is to translate this seemingly complicated art into something we can use in our daily lives. We currently offer online classes twice a week to help build skills and knowledge. These classes are great for beginners and experienced players alike.

In these times of uncertainty, with major challenges to stay safe and healthy, as well as all the other things we worry about such as our family, jobs, food, and finances, it is more important than ever to make sure we are taking time to take care of our mental and emotional health. So our most important and practical recommendation is to take a few minutes at least 3 times a day to:

***Smile, Relax, and Breathe***



*Classes have resumed. Since the current guidelines are continuing to evolve, please check our website for details and changes.*

### *Weekly Classes*

Check [TaiiPeoria.com](http://TaiiPeoria.com) for more details and changes

Monday: 10:00 a.m. Taiji Basics  
6:00 p.m. Taiji Online (Zoom)  
Tuesday: 6:00 p.m. Taiji (48 form)  
Wednesday: 10:00 a.m. Taiji Basics  
Thursday: 6:00 p.m. Balance & EBT Taiji  
Saturday: 10:00 a.m. Qigong (Building Energy) & Beginning 48 Form

**Drop in to try any class for \$10 per session or a monthly membership of \$50 for unlimited sessions. Membership also provides discounts on workshops and private sessions.**