

Master Henry Cheng's Tai Chi Wellness Center

社究研拳極大輝耀鄭

3650 Clairemont Drive, Suite 1 San Diego, California, 92117
Phone: (858) 232-2939 Email: taichimasterhenry@gmail.com

Qigong/Chi Kung (Energy) Stress Relief Class

Relax and Have Some Fun! Improve your Health!

The Qigong Stress Relief Class is available as private lessons for individuals and small groups at Master Henry Cheng's Tai Chi Wellness Center, offsite, and corporate training events.

Everyday people are feeling more stress than ever, especially with the economy and added pressure in the work environment. Stress is on the rise and this can lead to a variety of health and emotional problems, as well as low energy.

Master Henry Cheng is now offering a Stress Relief class weekly for a very modest price. Henry will be teaching Relaxation Techniques (Qigong) help to increase the body's natural self-healing, reduce stress, decrease anxiety, restore energy, increase inner strength and improve concentration. Henry is passionate about passing on his knowledge to help with this growing problem.

This class will uplift your spirits, calm your mind, and improve your mental focus.
Open to the public (no membership necessary)



About Master Henry Cheng

- Wu Style Tai Chi Fifth Generation Master
- Over thirty-eight years teaching in San Diego
- Received the 5th Annual Asian Heritage Medicine & Health Awards, 2007
- Member of the IDEA Health & Fitness Association
- Developed a special curriculum, *Tai Chi for Arthritis*, in collaboration with the YMCA of San Diego County and the National Arthritis Foundation
- Taught numerous classes in universities, colleges, hospitals, and clinics including the following:

Sidney Kimmel Cancer Research Center, San Diego County Parks & Recreation Department, Chinese Historical Museum, YMCA of San Diego County, The Arthritis Foundation, Parkinson's Disease Association of San Diego, Marriott Hotels, Center for Health & Wellbeing, Johnson & Johnson, Nokia, Intuit, Girl Scouts - San Diego-Imperial Council, Sea World San Diego, San Diego Zoo, SK Sanctuary, White Sands La Jolla, Whole Foods, and Senior Olympics

Class is currently scheduled 1st and 3rd Tuesdays 7:00 pm to 7:45 pm & Wednesdays 8:15 am - 9:00 am

*Tai Chi Wellness Center reserves the right to change or cancel any classes. Schedule may be subject to change.