

**Location: Lafayette Health Club**

85 Lafayette Circle  
Lafayette, CA 94549  
925.284.7732

**Tuesdays, March 2 – 30**

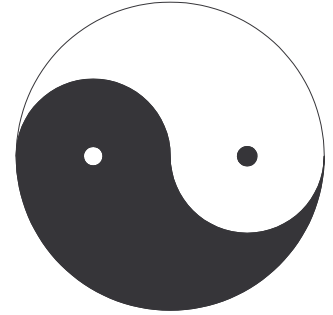
**12:30 – 1:30 p.m.**

**\$15 a class or \$50 a month**

Free for Lafayette Health Club members

No experience necessary.

**Questions? Call Amy at 925.934.3120.**



## Chi Gong

Looking for a way to relieve your stress? A way to get exercise without competition or strenuous effort? Look no further. This class is designed to help you relieve stress, increase flexibility, improve balance, strengthen and tone muscles, and quiet the mind. Through gentle movements and meditative breathing, the natural healing rhythms of the body are reestablished. This ancient Chinese tradition offers personal insight and practical tools for change. Move slowly with us and discover a deeper enjoyment of life.

Amy Erez has been a student of Asian health and martial arts for over 30 years. She traces her lineage of Tai Chi Ch'uan and Chi Gong directly to Yang Chengfu (1883 - 1936) the originator of the Yang Style. Her experiences in Feldenkrais and the Sugi Yoga Teacher Training have broadened her approach to Tai Chi. The Sugi attitude of "Less Effort for More Benefit" provides her students a safe environment to gradually expand their abilities significantly improving their health while avoiding injury. She offers private sessions to reduce pain and other effects of stress caused by physical or emotional distress. Amy is Director of Sugi Health and Fitness in Pleasant Hill.



To register, send check to:  
Sugi Health  
2096 Hoover Ave.  
Pleasant Hill, CA 94523

Please include your name, address, phone number and email.