

RESERVATION FORM

**MOUNT MANRESA TAI CHI/QI GONG,
BODY MOVEMENT CLASSES**

Name: _____

Address: _____

City/State/Zip: _____

Phone(s): _____

Email: _____

CLASSES ARE HELD from 9:30 AM —10:30 AM

Suggested donation:

For each class\$12

Sign up for the entire 6-week program...\$60

I WISH TO REGISTER FOR :

BEGINNER/INT. CLASS: ADVANCED CLASS:

- | | |
|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> April 23 | <input type="checkbox"/> April 21 |
| <input type="checkbox"/> April 30 | <input type="checkbox"/> April 28 |
| <input type="checkbox"/> May 7 | <input type="checkbox"/> May 5 |
| <input type="checkbox"/> May 14 | <input type="checkbox"/> May 12 |
| <input type="checkbox"/> May 21 | <input type="checkbox"/> May 19 |
| <input type="checkbox"/> May 28 | <input type="checkbox"/> May 26 |

Package of 6 Classes

**Please return Form with payment to
Mount Manresa Jesuit Retreat House
239 Fingerboard Rd, Sl, NY 10305**

Check enc. payable to "Mount Manresa"

Please charge my credit card: \$ _____

AmEx Mastercard Visa

Credit Card Acct. # Exp. Date

Signature Date

Tai Chi/Qi Gong, "Connecting With Nature"
Program — April—May 2009



Tai Chi/Qi Gong Body Movement



"Connecting With Nature"

Program April—May 2009

MOUNT MANRESA
JESUIT RETREAT HOUSE
Staten Island, New York 10305
Tel. (718) 727-3844 ext. 200
www.manresasi.org

WELLNESS QI GONG/TAI CHI, BODY MOVEMENT PROGRAM

Qigong (Pronounced "Chee gong" which means "energy work") is an ancient Chinese practice which has its roots in the philosophical and mystical, but the practical healing and stress management applications are the most popular aspects of the tradition today. This is a form of active meditation, sometimes called "Moving meditation" and is made up of flowing repetitive movements designed to harness your body's energy and is coupled with breathing techniques. This form has been shown to enhance nervous system activity, lower stress hormone levels so you sleep better, allow for better concentration, and have fewer cravings. It is one of the four pillars of traditional Chinese medicine. Those of us who practice Qigong faithfully will need less medication and will heal faster. My class is rooted in the Qigong/Tai Chi tradition and can be practiced daily by people of all ages regardless of previous experience. The class is one hour long. No special equipment is needed. Just wear comfortable clothing.

Victoria Drumbakis...

is a Tai Chi/Qigong instructor at Senior Spirit Medical Day Care in Jersey City, New Jersey, and teaches here at Mount Manresa. She has been teaching the practice for eight years. Victoria is a certified Associate Polarity Practitioner. She resides on Staten Island with her husband and two daughters.

Mount Manresa...

a Jesuit Retreat House on Staten Island was founded in 1911. It is named for the town where St. Ignatius Loyola, the founder of the Jesuit order, made his first retreat. Manresa is 10 acres of lawns, flowerbeds, shrines, gazebo and outdoor benches. Strolling its rustic grounds or praying in the traditional Sacred Heart Chapel, you can look within to examine the direction your life may take or consider the choices you will be asked to face. It is a beautiful setting where you can meet your God in the silent and sacred space of your heart.

We offer weekend retreats, day retreats, as well as weekday overnight stays.

Manresa has five conference rooms, three chapels, and a dining room which provides hearty meals and snacks around the clock to our guests.

We invite people to experience God's Love through our preaching, sacramental ministry, counseling, and friendship.



MOUNT MANRESA...



Shealy Hall



Sacred Heart Chapel



Sacred Heart Grotto