Tai Chi Exercises with Marie Riley

Memory Enhancement From Tai Chi (1 of 4)
Your need for better memory leads you to explore mental exercises, memory and concentration improvement, and to find a method that suits you. Tai Chi helps. Tai Chi: Chi Movement helps to balance the mind.

M07HE255 7/16 Sat 1 mtg. 10 a.m. - 12 p.m.
Hale Kuhina 115 $9

Posture and Tai Chi (2 of 4)
We will explore the Tai Chi method of Aligment to enhance our Tai Chi style and some movements are analytical activities. We will practice Al Huang’s Tai Chi Posture and Tai Chi moves help to balance the body in the students' position.

M08HE256 8/6 Sat 1 mtg. 10 a.m. - 12 p.m.
Hale Kuhina 115 $9

Tai Chi Exercises for Stress Management with Marie Riley

Mindful Improvement From Tai Chi (1 of 4)
Your need for better memory leads you to explore mental exercises, memory and concentration improvement, and to find a method that suits you. Tai Chi helps. Tai Chi: Chi Movement helps to balance the mind.

M05HE241 5/25 Wed 1 mtg. 10 a.m. - 12 p.m.
Hale Kuhina 115 $9

Vision Training and Tai Chi (4 of 4)
Relax eye and non-efforting movements of the head, neck, and spine are principles of Tai Chi. Posture can benefit from these relaxing exercises. We can pair the eye with chi awareness.

M09HE258 9/3 Sat 1 mtg. 10 a.m. - 12 p.m.
Hale Kuhina 106 $9

Healing Powers of Your Mind and Breath

Chi Kung Exercises with Marie Riley

Mindful Breathing with Chi Kung (3 of 4)
We will practice traditional exercises to balance energy pathways. For a more unique experience, we will practice moving along energy meridians to couse, and relax the mind. We will enjoy using Chi Kung patterns.

M07HE250 7/16 Wed 1 mtg. 10 a.m. - 12 p.m.
Hale Kuhina 106 $9

Vision Training and Tai Chi (4 of 4)
Relax eye and non-efforting movements of the head, neck, and spine are principles of Tai Chi. Posture can benefit from these relaxing exercises. We can pair the eye with chi awareness.

M09HE258 9/3 Sat 1 mtg. 10 a.m. - 12 p.m.
Hale Kuhina 106 $9

October 1
9 a.m. – 8 p.m.
A fun-filled day for the whole family!

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Comming Soon...