

# TAIJI and QIGONG



**Ongoing MONDAY NIGHTS 5:00-6:15 PM**

*Five Element Martial Arts & Healing Center  
3743 Cedar Avenue South, Minneapolis, MN 55407  
612-729-7233 [www.femamartialarts.org](http://www.femamartialarts.org)*

**Taiji and Qigong (Ancient Internal Arts from China) which promote  
HEALTH & WELL-BEING**

**These practices taught at FEMA by Shifu Koré Grate with over 40 years of  
training and teaching.**

**Both Taiji & Qigong have multiple active ingredients that help:**

**FOCUS, BALANCE, CALMNESS in BODY, MIND & SPIRIT**

**To lower blood pressure, improve leg/core strength, reduce pain, reduce the  
need for medications, increase circulation, better muscular coordination and  
reflexes, promote positive attitude and outlook, fall prevention, integration of  
right and left sides of the body and brain, support through community practice.**

**Pre-register online: [www.femamartialarts.org](http://www.femamartialarts.org)**

**Arrive 15 minutes prior to class time for orientation**

*Cost is \$45-120 per month sliding scale  
Or \$15-25 per class sliding scale (for drop in)*

