

Online T'ai Chi & Qigong classes via Zoom ~ 28th Sept - 18th Nov
Monday, Tuesday, Friday ~ 9:00am, Wednesday, Thursday ~ 11:00am CT
Access the classes here: <https://tinyurl.com/QiGongOnline>



SEVEN STARS NEWSLETTER

October / November 2021

www.7StarsMA.com

Welcome to our October / November session!

If the ideas behind our Qigong & T'ai Chi classes intrigue you then our Eastern Theory & Philosophy class is for you. Running for the 5 Friday afternoons during October at Bloomingdale Park District & online via Zoom; we will delve into ideas such as Qi, 5 Phases, Bagua, Energy Channels and more.

Our online classes continue on the same Monday-Friday schedule through to the week before Thanksgiving. After a short break they return the first Monday in December 4 days a week. Check with your instructor to register for these classes.

Our last seminars of 2021 are both on 22nd October. In the morning we are offering a free fall prevention class in person and online, and in the evening is our Discover the Secrets of Chinese Health Balls class.

Falls are a serious issue for seniors, learn everything you need to know to keep yourself safe and healthy.

Tired of stiff and sore hands? Or don't want them to become like that? Then our Chinese Health Balls class is a fun way to keep your hands healthy.

Stay safe & stay healthy,
John Robertson

Friday 1st-29th October 1:00pm

Eastern Theory & Philosophy ~ \$97

Eastern mystics have practiced longevity exercises for millennia with the goal of prolonging life and ultimately achieving immortality.

What are the philosophies that lead them to these practices?

Part lecture, part practice; this class aims to demystify the Eastern philosophies of Yin

Yang, The Bagua, Five Phases & more!

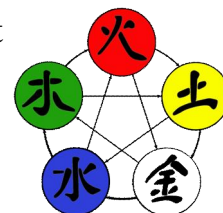
Register with Bloomingdale Park District
or with your instructor



630 529 3650

172 S Circle Ave, Bloomingdale, IL 60108

<https://www.bloomingdaleparks.org/>



T'ai Chi Ch'uan

Villa Park call 630 834 8970
Iowa Community Centre
338 N. Iowa Avenue,
Villa Park, IL 60181
Tuesday at 2:00pm

Lombard call 630 620 7322
Sunset Knoll Recreation Centre
820 S. Finley Road,
Lombard, IL 60148
Tuesday at 5:00pm

28th September & 8th February

T'ai Chi for Health

Elmhurst call 630 993 8193
Wilder Mansion
211 S Prospect Ave,
Elmhurst, IL 60126
Wednesday at 11:00am

Wood Dale call 630 595 9333
Wood Dale Rec Complex,
111 E. Foster Avenue,
Wood Dale, IL 60191
Thursday at 11:00am

29th September & 9th February

T'ai Chi Ch'uan

Roselle call 630 595 9333
Roselle Park District @ 10N
10 N. Roselle Road,
Roselle, IL 60172
Thursday at 9:00am

Elmhurst call 630 833 5064
Courts Plus
186 S. West Avenue,
Elmhurst, IL 60126
Thursday at 12:30pm

30th September & 10th February



Falls?

They don't have to happen to you

Learn the risk factors, causes & consequences of a fall; simple things you can do around the home and when out and about to reduce your risk of falling.

October 22nd ~ 10:00am

In-person & online



630 529 3650

172 S Circle Ave, Bloomington, IL 60108

<https://www.bloomingtonparks.org/>



Their use can reduce your risk of arthritis, tendonitis, carpal tunnel, rheumatism, repetitive stress injury, dementia & Alzheimer's.

They can help reduce stress, aid relaxation, stimulate the brain, and help prolong life.

22nd October ~ 7:00-10:00pm

26402 Edgemoor Lane, Barrington, IL 60010

847 842 1752 www.relax4life.com

Members Area

Gain access to over 80 hours of instructional videos, 300 hours of class videos, plus 20 meditations to watch online with audio downloads.

Classes in Tai Chi Chuan (Yang 24), Qigong, Tai Chi Qigong Shibashi, Silk Reeling, Aromatic Mind Awakening Qigong, Chinese Health Balls, Eastern Philosophy, Qigong Theory and much more.

More videos added regularly.

Access the classes anywhere you have internet.

Membership Options

Monthly membership:

\$10 / month - cancel at any time

Yearly membership:

\$100 / year ~ save \$20!

Lifetime membership:

\$497 lifetime access



Watch out for special offers available in class!

<http://7starsma.com/students/studentmembership.html>

Winter Online Classes

Join our Qigong class two or four times a week online via Zoom

Can't attend in person? Recordings are uploaded to view at the end of each week

6th December to 27th January
(8 weeks)

Monday & Wednesday 9:00am CT

Tuesday & Thursday 11:30am CT

Classes focus on the Tai Chi Qigong Shibashi 18 form sequence, plus Ringing the Temple Bell, Fragrance Qigong, Horse Form & more.

Register in-person with your instructor or online at:

<http://7starsma.com/taichiclassses/taichiforhealth.html>