

# TaiChi, Qigong, and Mindfulness

This wellness program, taught by certified Tai Chi, Qigong, and Meditation Instructor J.T. Turner, can be adapted to any age or ability. For example:

"Introduction to Qigong or Tai Chi": Participants are introduced to simple, gentle exercises of Qigong or TaiChi, mindful movement systems from China used around the world for thousands of years to calm mind and body. These simple movements can help reduce stress, prevent falls, and improve focus, balance, circulation, & mobility, and can be done standing, sitting, or even lying down.

"Journey of Chen: Animal Tai Chi," a story-based mindful movement program for children.

**Program Type** [Single](#)

**Time** 1 hour

**Language** English

**Audience** All Audiences

**Season** All Year

**Topic** Wellness

**Region** Statewide

**Program Contact**

J.T. Turner, The Actors Company Contact Marci Diamond for scheduling

**Phone** [7817103314](tel:7817103314)

**Email** [theactorscompany1@gmail.com](mailto:theactorscompany1@gmail.com)