



Find Yourself at Amherst Yoga



Tai Chi for Health

Clinically proven to combat stress, hypertension, immune deficiency, improve balance. Low Impact ancient exercise . Become the master of your destiny.



Within the 12 week session participants will learn the first and basic tai chi form “Mizu Dansu” or “Water Dance” of the KHY Tai Chi for Health system. Participants will learn a number of set chi kung exercises as well as be introduced to the concepts and philosophies of Traditional Chinese Medicine as it related to Chinese Yoga, Tai Chi, and dis-ease.

Amherst Yoga, 10 Northern Blvd #15, Amherst, NH 03031 **(603)-673-7661** <http://www.amherstyoga.com/>

Instructed by BMAA senior instructor Christopher Bashaw, RN. Bashaw is an accomplished healer and martial artists and head of KHY Tai Chi; inducted into the World Martial Arts Hall of Fame as well as several other martial arts halls of fame. Bashaw is a practicing RN with over 25 years experience in the field as well as an ordained Buddhist priest. Bashaw brings knowledge of eastern and western healing principles into a relaxed, non-stressful learning environment.

Ideal for all ages and abilities. Postures can be adapted for physical limitations.