

Discover the Secrets of Better Balance, Focus, & Sleep Quality A Mindful, Moving Meditation

No rolling on the floor, no pretzel shapes, no backflips!
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Are you looking for a program to improve balance and feel better, but you are not ready for a high-impact workout? Or, are you searching for a way to bring some serenity into your life? But, sitting still is too sedate for you? The answer may be closer and easier than you think.

Let me share a story. Many times, the phone rings and a voice timidly asks, "Do I need a mat? Do we roll around on the floor, as I have trouble getting up?" I cannot help, but gently tease and respond by saying that "There's no kicking, punching, screaming, rolling around on the floor, or backflips." When I ask folks why they joined our class, several of them admit that they have difficulty handling stress as well as struggling with health issues. Some people come out of curiosity, as they have heard about the many health benefits of a practice called T'ai Chi Chih®. We begin the gentle, mindful movements of T'ai Chi Chih as we relax into shifting our weight, moving as one, like a gentle tide. It is easy to learn with its 19 movements and a pose. Some refer to this as "Joy thru Movement," because it is a non-martial art that many clients report as bringing a sense of peace to their lives.

T'ai Chi Chih is evidence based. This means that there are scientific studies indicating that health benefits may be achieved within 8 weeks of learning this form. In a number of studies between 2003 and 2012, various UCLA researchers have found that doing T'ai Chi Chih **improves immune system function, helps relieve depression, and improves the quality of sleep.** It can be taught standing as well as seated.

There is no pain in doing T'ai Chi Chih because pain is not part of the practice. We do not push through the pain as is often expressed in vigorous workouts, we work with the body's needs.

Here are some testimonials:

"Over the past 10+ years, I have taken several T'ai Chi Chih classes from Siobhan Hutchinson which have greatly enriched my daily life. When I start the day with a 15–20 minute T'ai Chi Chih session, I have energy that lasts throughout the day coupled with a positive attitude filled with gratitude. Thank you, Siobhan." Marty B.

"I really love how you incorporate additional learning and development into our classes. I get excited every class to see what gems you have in store!" Lisa C.

*"Siobhan has **changed my life** through T'ai Chi Chih®. I feel an **inner calm** never before experienced and as an unforeseen but welcome side benefit, I've been told that my skin looks beautiful! It's the beauty of inner peace that Tai Chi Chih® taught by a most excellent teacher, brings in great measure."* – Rosemary M.

Ready to join us? Classes are offered online and in person throughout Central NJ as well as Bucks County, PA. Along with holding a Master's Degree in Holistic Health, Siobhan is an accredited T'ai Chi Chih®, Seijaku, Guigen Qigong, Reiki Master/Teacher, Medicinal Aromatherapist, and Certified Clinical Eden Energy Medicine Practitioner. The United Fellowship of Martial Artists awarded her Holistic Healing Artist & Qigong Master. In addition, she is one of the official World Tai Chi Day Organizers and co-host of WTCQD Online Summits. She has studied in China and continues her studies with a variety of holistic practitioners.

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