



## Tai Chi Easy™

Tai Chi Easy™ is a method and approach to Tai Chi and Qi cultivation carefully developed by Dr. Roger Jahnke, O.M.D..

The Tai Chi Easy™ technique makes the practices easy, beneficial and fun from the very beginning using methods designed to improve the quality of life for people of all ages – whether well or unwell. This includes those who may be dealing with disease, chronic pain and health conditions, limited mobility, deficient immune systems, anxiety or depression. The class is straightforward and highly adaptable resulting in empowerment in self-care and self-management skills.

For information on facilitator Ellen Blumenfeld, see back of flyer.



Join us on Fridays, starting  
August 2<sup>nd</sup>, at 9:00 am

Location: Cancer CAREpoint  
Resource Center

2505 Samaritan Drive, Bldg.  
400, Ste 402, San Jose, CA  
95124

Space is limited and advance registration is required. Please register online or call Cancer CAREpoint at: 408.402.6611 or email: [info@cancercarepoint.org](mailto:info@cancercarepoint.org).



**Ellen has been teaching Yoga, Qigong, and Tai Chi for 17 years. She was an ICU registered nurse for several years before switching careers and devoting more time to mind/body practices and raising three children.**

**Discovering the art of Qigong and Tai Chi began ten years ago followed by completion of teacher training from Triloka under master instructors Gideon and Ana Enz as well as certification and trainings from Dr. Roger Jahnke OMD. She is a professional member of the National Qigong Association and also a registered yoga teacher. Ellen currently teaches Qigong and Tai Chi group classes as well as Qigong and Tai Chi for Cancer.**