

# Meditation in Motion

*Melt Away Stress*

*Restore Balance*

*Relieve Worries*

*Achieve Inner Peace*



*Feel renewed  
and revitalized*

*Enjoy a Relaxing Hour of Meditation in Motion  
Utilizing Low Impact Elements of  
Qigong and Tai Chi*

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**Wednesdays 12:00 noon - 1:00 p.m.**

**September 11, 2019 - June 10, 2020**

*(No Classes on Dec. 25<sup>th</sup>, Jan. 1<sup>st</sup>, Feb. 26<sup>th</sup>, Apr. 8<sup>th</sup>, & Apr. 15<sup>th</sup>)*

**St. Monica Church (Parish Office Bldg.)**

**13623 Rockside Rd. - Garfield Hts. OH 44125**

**To register, call: (216) 662-8685 x120**

**Instructed by Bob Soeder**

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***ALL ARE WELCOME!***

# Meditation in Motion

The St. Monica Wellness Ministry offers Meditation in Motion Exercise Class on Wednesdays from 12:00 noon to 1:00pm in the St. Joseph Room of the Parish Office . This class is instructed by Bob Soeder, retired Master 4<sup>th</sup> Degree Black Belt (*Tae Kwon Do*). The class is free of charge and open to the public. Participants should wear casual, loose fitting, comfortable clothing and light weight shoes, such as tennis shoes or deck shoes.

## **What is Meditation in Motion?**

Meditation in Motion is a combination of Tai Chi and Qigong, which is taught with focus on the internal aspect, and as a therapeutic, physical exercise. *While some history of these arts are discussed, this program is approached from a scientific perspective in line with Catholic Christian principles and does not delve into eastern religion or philosophy.*

## **What are the benefits of Meditation in Motion Exercise?**

Meditation in Motion exercise has benefits for body, mind and spirit. Through gentle and fluid movement, the flow of bodily energy is greatly improved. This flow of energy promotes health and healing in the body and reduces stress. The reduction of stress improves focus and mental health. The resulting balance of mind and body produces the foundation of spiritual well-being. Also, Meditation in Motion is a no impact activity that is non-injurious to the joints and musculature of the body, making it a very anatomically friendly exercise that is beneficial to people of all ages. One of the greatest advantages of Meditation in Motion is that no athletic ability is required to participate and benefit from this exercise.

## **What is Chi?**

For the purposes of this class, we will define Chi as the bio-electrical current that flows through the body. This energy helps to control or nurture specific organs and bodily functions. Each particular form or exercise practiced in class targets specific pathways of bio-electrical current which promotes health, healing and well-being.

## **How Do I Register for Class?**

While the class is progressive (built upon weekly), first time students are more than welcome and will quickly derive many benefits from Meditation in Motion classes. To register for class, simply contact Bob Soeder at (216) 662-8685. There is no monetary charge for classes or required time-length commitments.