

# CHI-YOGA-NOSIS

*Taught by Connie Heagerty, CHP*



**Chi-yoga-nosis is a unique combination of Tai Chi, gentle Hatha Yoga, and guided visualization for stress reduction, fitness & health**

## Benefits

- Increased Oxygen Uptake & Utilization
- Reduces Blood Pressure
- Slower Declines in Cardiovascular Power
- Increases Bone Density
- Conditions Ligaments & Tendons
- Increased Strength, Flexibility, & Range of Motion
- Reduces Stress Hormones
- Improved Immune Function
- Increases Stamina
- Heightens Mood State.

**Suitable for all fitness levels**

**See Calendar  
for current dates.**

**"Drop In's" Welcome  
\$15.00 per class**

**~ Pre-Registration Required ~  
Call 704-0319 or Email  
mah@thecenter4wellness.com**

**Note:** *Tai Chi is an ancient Chinese system of slow flowing movements. The constant weight shifts increases body balance and awareness. Tai Chi is a physical exercise that focuses the mind, while conditioning the body.*

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