

ACUPUNCTURE FOR ACCELERATED HEALING PRESENTS:

## Chi Kung and Tai Chi Class

with Tom Lynch, L.Ac.

### Class Location:

**Colorado Pain and  
Injury Specialists  
201 West Park Place  
Grand Junction, CO**

**Time:  
Mondays  
12:15 PM**

**Cost:  
\$10/class**

### For More Information

**Call:  
(970) 263-4000  
or  
Email:  
coloacudoc@gmail.com**

**THOMAS LYNCH  
L.AC.  
ACUPUNCTURE FOR  
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HEALING  
2472 Patterson #7  
Grand Junction,  
CO 81505**

Come experience the amazing Chinese exercise of Tai Chi Chuan. Discover how to improve your concentration, balance, flexibility, strength and stamina. Dissolve away stress through the gentle flowing movements of the form. You will discover the simplicity and brilliance of this ancient moving meditation.

For hundreds of years, Tai Chi has been used to recover from illness, promote vibrant health, reduce stress and unlock the body's self-healing potential. Tai chi is among the most promising and useful of self-healing practices and exercises, offering a portable and economical means of daily improving health and managing stress.

The class will feature the traditional YANG LONG FORM—large, sweeping movements and circles, major waist turns, beautiful footwork. It is the most widely practiced tai chi form in the world. This class will also explore the martial aspects of this form.

Learn some of the health benefits of tai chi while performing the Yang style first set. Wear comfortable attire to move freely.

An accomplished student and inspiring teacher with over twenty years experience, Tom Lynch is a senior student of Master Kai Ying Tung of Los Angeles, California as well as a Licensed Acupuncturist . He has taught Tai Chi at the University of Arizona, and Mesa State College as well as the Canyon

Ranch Spa in Tucson, Arizona. Tom has also studied with Chi Kung Master Ko Wong of San Francisco, CA. In addition, Tom teaches Walking Chi Kung and meditation to those who wish to recover and improve their health.

