

Qigong or Chi Kung 气功

Qigong is the Chinese philosophy and practice of aligning breath, physical activity and awareness for mental, spiritual and corporeal health, as well as the development of human potential. It includes aspects of Chinese martial arts and purportedly the spiritual awakening to one's true nature.
- Wikipedia



Yoga

Yoga is a physical, mental and spiritual discipline, originating in modern India, whose goal is the attainment of a state of perfect spiritual insight and tranquility.
- Wikipedia

Here in the USA we are most familiar with the movement practice of Yoga. Yoga shapes and movements or *asana* build strength, flexibility, balance and coordination. Yoga breath work or *pranayama* can increase respiratory health and help quiet the mind. Through movement and breath we can find peace of mind while improving our health and fitness.



Mountlake Terrace Martial Arts and Yoga For all Ages Fall 2011



MLT Martial Arts and Yoga
Program provides you with
multiple options for
Fitness & Peace of Mind

Chloe E Davenport,
Dance & Fitness Programmer
Tel: 425-640-3107

Mountlake Terrace Recreation
5308 228th Street SW
Mountlake Terrace, WA 98043
www.cityofmlt.com 425-776-9173

Ki Aikido 心身統一合気道

Shin Shin Toitsu Aikido, commonly referred to as **Ki Aikido**, is a style based around the development of mind and body coordination. It relies on natural movement, respect for an opponent's power, and understanding of an opponent's position and intention. In addition to the core, throwing and pinning arts, Ki Aikido includes breathing and meditation techniques, which are occasionally practiced in classes.



Aikido is based on the samurai arts of Japan's feudal era, adapted to the present time when carrying a sword in public is no longer an option. It consists of throws, restraints, evasions, and techniques for disarming an opponent, as well as the use of the Japanese short staff. The ultimate goal when using aikido is to end a fight with no injuries to either party. For this reason, it is used by many police departments in Japan and the United States.

Ki Aikido for Adults

Dynamic relaxation and calmness of the mind form the basis of Ki Aikido. Your training will include open-hand and weapons techniques that can be made accessible and safe even for beginning students. With regular practice, you will gain practical self-defense skills, and develop your emotional, mental, and physical coordination. Training begins at a comfortable level of physical effort and increases in intensity as you develop balance, fitness, focus and perseverance.

- 19040 T 11/1-12/13 5:00-6:00 R\$65 N\$72
- 19041 Th 11/3-12/15 5:00-6:00 R\$56 N\$62

Ki Aikido 7-12 yrs

Discipline and focus are vital qualities, and training in martial arts is a way for children to learn both early in life. In Ki Aikido class, your kids will practice basic throws and learn to fall safely, while having fun, building their self-confidence and developing physical fitness.

- 19042 T 11/1-12/13 4:00-4:50 R\$65 N\$72
- 19043 Th 11/3-12/15 4:00-4:50 R\$56 N\$62

Randy Thompson

Is a Nidan (second-degree blackbelt) and an Assistant Instructor at Northwest Martial Arts in Bothell, Washington. He served as an apprentice to Koichi Kashiyama Sensei, US advisor to Shin Shin Toitsu Aikido HQ in Japan, and has been training since 2003.



Family Yoga

For adults and kids 2-6 yrs

Stretch, flow, balance and breath to wake up your body, heart and mind. Yoga is both relaxing and invigorating. Parents and kids will investigate yoga and movement in a playful environment. Adult participants can bring two children along. Drop in available after minimum registration has been filled.

- 18686 T 9/13-10/25 2:00-3:00 R\$65 N\$72
- 18687 T 11/1-12/13 2:00-3:00 R\$65 N\$72

Gentle Yoga for Adults

A system of deep breathing, relaxation techniques and a wide range of gentle body stretches that offer wonderful physical and mental benefits to people of all shapes and sizes. Improve balance, mental focus, flexibility, and range of motion. Lower blood pressure and increase physical tone and strength.

- 18688 T 9/13-10/25 7:30-8:30 R\$65 N\$72
- 18689 T 11/1-12/13 7:30-8:30 R\$65 N\$72



Adult/ Teen Yoga and Pilates

Streamline your figure, dramatically improve your posture, flexibility, and balance. Drop in available after minimum registration has been filled.

Level I - for the newcomer

- 18680 M 7:30-8:30PM 9/12 - 10/24 R\$65 N\$72
- 18681 M 7:30-8:30PM 10/31-12/12 R\$65 N\$72
- 18682 Th 7:30-8:30PM 9/15-10/27 R\$65 N\$72
- 18683 Th 7:30-8:30PM 11/3-12/15 R\$56 N\$62

Level II - with previous experience

- 18684 W 7:35-8:50PM 9/14-10/26 R\$81 N\$90
- 18685 W 7:35-8:50PM 11/2-12/14 R\$81 N\$90

We never allow shoes that have been worn outside, into our dance studios. Please only wear bare feet or shoes specific to your discipline.

Qigong for Adults

- 19030 F 9/16-10/28 6:00-7:00 R\$65 NR\$72
- 19035 F 11/4 - 12/16 6:00-7:00 R\$56 NR\$62
- 19031 S 9/17 - 10/29 7:30-8:30 R\$65 NR\$72
- 19036 S 11/5 - 12/17 7:30-8:30 R\$56 NR\$72

Chi Kung exercises enhance flexibility, moving with ease, and preventative care for a better quality of life. This class will train you to create a relaxed state within while becoming physically balanced, and toned.

Family Qigong 10+ yrs

- 19034 F 9/16 - 10/28 5:00-6:00 R\$65 NR\$72
- 19039 F 11/4 - 12/17 5:00-6:00 R\$56 NR\$62
- 19032 S 9/17 - 10/29 8:30-9:30 R\$65 NR\$72
- 19037 S 11/5 - 12/17 8:30-9:30 R\$56 NR\$72

This class is open to all ages over 10 years. A perfect opportunity for several generations to come and move together. You will train body mind and spirit connections within the body while performing time tested movements. Positive results are clearly observed as you enjoy the ease in which Chi Kung may be performed. This class is designed to share techniques for becoming soft and supple.

Qigong for Kids 6-9 yrs

- 19033 F 9/16 - 10/28 4:15-5:00 R\$56 NR\$63
- 19038 F 11/4 - 12/17 4:15-5:00 R\$48 NR\$54

This class will have the mind and body of your child engaged through observation and following movements that coordinate timing and intent.

Robert (Bob) Levy has over 40 years of experience teaching Marital Arts. He is a sixth degree black belt in Tae kwon do. He has a Masters Degree in Teaching and is a Washington State Certificated Teacher.