

Silver Lotus Training Institute

Silver Lotus Training Institute, located in Lewes, Delaware, is a holistic center for healing arts. We have programs in Svadhyaya Yoga™, Tai Chi, Yoga Therapy and Psychotherapy. Our in-depth Yoga Teacher Training is registered with the National Yoga Alliance, and we offer both 200- & 500-hour level programs.

At Silver Lotus, Svadhyaya Yoga™, Tai Chi and other complimentary systems of are viewed as integral aspects of health and wellness. When done in conjunction with Western medicine including use of medications, physical and psycho therapies, an individual can improve overall functioning and maintain better health throughout the aging process.

Silver Lotus celebrates diversity and embraces people of all races, ethnic backgrounds, religions, genders and sexual orientations. We welcome bodies of all sizes, shapes and levels of fitness. Call, or visit us online for more information about all of our programs, classes and trainings.

For your health... for your Self!

(302) 644-0130

www.SilverLotusTrainingInstitute.com



Silver Lotus Training Institute

*1307 Savannah Road
Lewes, DE 19958*



Tai Chi & Qigong for Health Programs



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Tai Chi & Qigong

These holistic practices are systems of physical and mental health that originated in ancient China. They are currently practiced by people of all fitness levels throughout the world. Tai Chi & Qigong consist of fluid, gentle movements that are relaxed and slow in tempo. They can be practiced almost anywhere and are suitable forms of exercise for just about anyone, regardless of age or fitness level. Practice of Tai Chi/Qigong is a powerfully holistic approach to better health.

Benefits of Tai Chi & Qigong

- Helps to relieve pain & stiffness
- Relieves stress & improves concentration
- Improves strength & balance
- Improves posture
- Improves heart & lung function
- Enhances flow of energy (Qi)
- Integrates body & mind

Instructors at Silver Lotus Training Institute have been trained in the Tai Chi for Health Programs developed by Australian physician Paul Lam, M.D., by Roger Jahnke, O.M.D. (author of "The Healer Within"), and by Susan Hamadock, MA, LCSW-C. These Tai Chi health programs are supported by scientific research and are recognized as exceptional programs for improving health and well-being.



Tai Chi/Qigong for Arthritis, Back Pain, Chronic Pain and Osteoporosis and Diabetes

Originally designed for those with musculoskeletal challenges, these forms use slow fluid movements to increase muscular strength and protect joints. The safe, gentle stretches and fluid motions provide a valuable tool to relieve pain while improving strength, range of motion and flexibility. Upright Postures with agile steps support body alignment thus helping these conditions. Regular practice can stimulate energy meridians to strengthen organs at risk for diabetic complications

Chair Chi

These gentle movement forms are designed as comprehensive, whole body movements that improve circulation, joint and muscle flexibility. Done sitting for those who use scooter, wheelchairs, walkers, canes or who have difficulty standing.

Tai Chi & Qigong for Happiness, Emotional Balance & Mental Health

Movements in these short forms are designed to reduce stress and to, release the body's relaxation and healing responses. These forms are excellent for those who have previously tried meditation and have had difficulty "quieting the mind." The effects include a sense of peace, greater relaxation, mental clarity and better focus.