

Help Community Health Endowment Celebrate its 20th Anniversary!

Refresh your mind, body and spirit!

November 8, 2018

All ages and levels welcome!

Join us for one or all of these classes.

Reduce stress and get ready for the hectic holiday season.



Instructor Suman Barkhas

Tai Chi/Yoga Master, Director
Holistic Healing Institute, Eugene, Oregon

- **Gentle Yoga – 11:30 a.m. to 12:30 p.m.**
Auld Center, 1650 Memorial Drive
Yoga postures can boost your physical, mental and emotional fitness. (Please bring a mat or blanket if you have one.)
- **Tai Chi – 1:30 to 2:30 p.m.**
Auld Center, 1650 Memorial Drive
Tai Chi is an effective health exercise as well as an in-depth internal martial arts training.
- **Qigong Refresh and Recharge – 5:30 to 6:30 p.m.**
The Bridge – 721 K Street
Qigong (pronounced “chee-gong”) is an ancient practice that focuses on slow, gentle movements that can unleash incredible healing powers and reduce stress and anxiety.

Please wear comfortable clothing.

Suman will be available to talk and answer questions after each of these classes.

About the instructor:

Suman Barkhas grew up near Ulaan Baatar, Mongolia. He began training in yoga at age 13 when a visiting monk offered instruction. “He taught us about life, spirituality and healing,” Suman said. “I was inspired to take that path.” He arrived in the United States in 2001 and settled in Eugene, Oregon where he opened up the Holistic Healing Institute.

In addition to his work in Oregon, Suman has trained Tai Chi: Moving for Better Balance instructors for state public health departments in Colorado, Florida and Nebraska. He holds certifications in Tai Chi for Arthritis, Tai Chi for Diabetes and Qigong instruction. He is a Yoga Alliance registered yoga teacher and yoga teacher trainer as well as a Professional Yoga Therapist.

