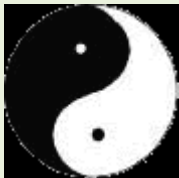


**JOIN US SUNDAYS
11:30am**



FREE T'AI CHI CHIH



**at Sunlight of the Spirit
2314 J Street, Sacramento, CA 95816**

Our modern western lifestyles can be a source of stress and lead to a variety of health problems. The Asian healing arts, on the other hand, are powerful antidotes to stress. T'ai Chi Chih (pronounced t'ai chi chuh) is a moving meditation based on the principles of Chi Kung. It soothes the body, comforts the mind and nurtures the soul. Students who practice T'ai Chi Chih may experience serenity, regulation of blood pressure, improved balance and concentration, to name just a few positive results.

This free practice is facilitated by Elizabeth Ebrahimzadéh. She trained with renowned instructor Sandy McAlister, who for decades has worked in collaboration with Justin Stone, the originator of T'ai Chi Chih. Elizabeth is an accredited instructor with various classes in the Sacramento area. She became acquainted with the Eastern moving meditations as a graduate student at UC Berkeley. Years later she joined a group practicing T'ai Chi Chih in the park and was amazed at how accessible it was to a newcomer and how relaxed she felt at the end of the practice. The benefits she experienced from the practice gave rise to a deep yearning to share the discipline with others.

Our practice is one hour, beginning with stretches and warm-ups, followed by 45 minutes of T'ai Chi Chih and ending with a Hindu chant.

So come on board and see for yourself what a difference T'ai Chi Chih can make!



Our Hindu Chant

At the close of our session we chant the mantra SA TA NA MA. SA is infinity and everything that ever was or will be. TA is life, existence and creativity that manifests from infinity. NA is death, change and the transformation of consciousness. MA is rebirth and regeneration.