

## What are small-group classes?

Small-group classes provide groups of 3-7 students the opportunity to learn, grow, and train together at a pace and approach that fits their immediate and emergent health and fitness goals. The learner-driven format and content of each class enables students to derive the most benefit from face-to-face time with the instructor and with fellow students.

## Why would I join a small-group class?

Regaining health in a vital area of the body (e.g. bone density, knee mobility, or back flexibility), increasing ease in a common physical activity, or learning a tai chi or qigong form are a few of the reasons you might want to start or join a small group.

## What does a small-group class look like?

While qigong -- postures and movements to increase the flow of vital force -- will be integral to most classes, other experiential activities may be drawn on to meet the objectives of the students. Journaling, dialogue, or field trips to local grocery store are some examples of other educational elements of a class.

## How are they different from drop-in classes?

Drop-in classes that focus primarily on learning a specific tai chi or qigong form and are *teacher-driven*. Small-group classes are *student-driven*, focusing on the unique needs, goals, and lives of each student. The small-group setting, flexible day/times, and student-driven curriculum allow for deep, impactful benefits that can't be realized within a drop-in class.

## How is class content determined?

Health, general fitness, or other learning goals of the students drive content. Sample class topics include:

- Building strong bones
- Martial arts for kids
- Staying fit beyond 50
- Movements for heart health
- Square-foot tai chi (19 mvmt form)

## What is the cost?

At the conclusion of a class or series of classes, students collectively determine what, if anything, they would like to give back in exchange for the class. Monetary exchange is welcomed, as is bartering.

## I'm already healthy. Why join a class?

Health and fitness aren't the only reasons to start or join a small-group class. Aligning with greater forces -- be they creative, generative, or guiding -- that wish to work through you and into life takes courage and surrender, qualities that are amplified by a small, cohesive group. Illness, job loss, retirement, relationship change, and other life events can signal this readiness to align with your authentic life.

## Where do classes meet?

Students and instructor will determine class location based on group needs and preferences. The Burnsville Gym, the Celso Community Center, the Brown's Creek movement space, or a student's home are a few of the possible gathering spots for a small-group class.

## How often do classes meet?

Students work with the instructor to determine the frequency of a class. A single half-day workshop might fit for one small group while another might schedule bi-weekly classes for a period of two months.

## How do I start or join a group?

Interested students may either start OR join a small group. Just follow the instructions below.

### To start a group:

- 1) consider type of class that interests you
- 2) find at least 2 others who are also interested
- 3) schedule a tele-session with Kert and potential students to explore focus, fit, and schedule
- 4) if a fit and students agree, start class!

### To join a group:

- 1) email Kert with your desired class focus/interest
- 2) Kert will schedule a tele-session with others who share your interest to explore fit and schedule
- 3) if a fit and students agree, start class!

NOTE: Free 1-hour intro sessions avail to orient new students & assist group formation. Contact Kert.

*Based in Burnsville, North Carolina, Eastside Qigong teaches the Chinese-based movement arts of qigong and tai chi to adult practitioners of all fitness levels. Classes are focused on leading students on inward journeys to develop their unique creative talents while building confidence and increasing joy in their lives.*