

# Transformation Arts

## Introductory Discussions on the Passing of Lineage Tradition; “Health, Wellness & Lifestyle Changes”

In a series of five **Open & Free Introductory Discussions**, Instructor Michael Vasquez will share some of the more foundational & simple aspects of personal practice as it relates to:

- Recovery of debilitating conditions
- Maintaining Seasonal Health & the *common sensing associated with* adjustments
- Wellness Stability as a measure for Life-Style changes
- the practical application of Natural Intelligence that surpasses “Techniques” & Hybrid Methods

In a time & place where medical advice & alternative health/wellness options are in over-whelming abundance,

Choices and understandings can be somewhat confusing...

Timeless practices such as Chi Gung and Tai Chi are structures that expose arrhythmic irregularities & imbalances that lead to *common sensing, and open Inner reflections to options of changes we are coming into agreement with...*

Change is a process and takes time to come to *FULL AGREEMENT...*

This can be measured very accurately by understanding how to read our own Internal Rhythms and feelings we have from moment to moment...

Please join us on any or all of these dates:

- **Nov. 9<sup>th</sup>**
- **Nov.16<sup>th</sup>**
- **Nov. 23<sup>rd</sup>**
- **Nov. 30<sup>th</sup>**
- **Dec. 7<sup>th</sup>**

Location: **Ashland Public Library**

Time: **Mondays / 7:00pm**

Instructor: Michael Vasquez ( 33 yr. Exp.)

**Chi Gung / Tai Chi**

**On-Going Classes:**

Where: *Agile Healing Arts Studio*

*842 A Street Ashland*

Time: **Mon/Wed mornings-8-9:30 am**

More Info: (702)219-5184/ (541) 201-8101

[www.transformationarts.org](http://www.transformationarts.org)



