



HEALTHY LIFESTYLE SPRING NEWSLETTER

WWW.TAICHIYOGACENTER.COM

FACILITATOR: SUMAN BARKHAS

QIGONG TAI CHI MBB MASTER INSTRUCTOR, YOGA THERAPIST

Classes with Suman in Eugene

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| <p>1. Tai Chi and Qigong, Wednesday and Friday, River Road Annex House, 1055 River Road, Eugene.</p> <p>2. Health Qigong, Yoga for Weight Management, Stress Management, Beginners and Advanced Evening</p> | <p>Yoga, Monday, Wednesday, and Thursday, Springfield Willamalane Adult Activity Center.</p> <p>3. Chair Yoga, Tai Chi Monday and Friday, Oregon Heart and Vascular Institute, RiverBend Hospital Wellness Studio</p> |
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Workshops with Suman

- ◆ Qigong for the Heart, first Saturday of each month, 1-4 p.m.
- ◆ Qigong Detoxification and Health Practices, May 3rd 1-4 p.m.
- ◆ Personal Healing Therapy, one on one.

Contact Suman by Email
sumanbarkhas1@gmail.com
 or Phone: 541-515-0462

Customized One-On-One TAI CHI-GONG-YOGA THERAPY

Do you or someone you know experience pain or stiffness that won't go away? Perhaps you've tried many kinds of treatment and did not experience improvement? Suman's One-On-One Therapy addresses the core and root of these problems. Instead of just treating the symptoms, you can have miraculous success when other modalities fail. Experience customized, personal yoga designed to address your specific needs. Clients report significant improvements even with only one session. Sessions are held at Suman's Eugene Studio.

Free initial phone session, contact Suman at 541-515-0462.

Chronic Pain
 Back Pain
 Neck Pain
 Arthritis
 Scoliosis

Injury Rehabilitation
 Stiffness
 Limited Mobility
 Fear of Falling, Limited Balance

Recovery from Surgery
 General or Chronic Fatigue
 Depression
 Anxiety
 Headaches & Migraines

Immune Support
 Sleep Disorders
 Neurological Disorders
 Lifestyle change



In this fast-paced, constantly moving world, practicing yoga allows me time to stop and just be aware of where I am and how I feel. It is a time to be one with my body, and let go of all the distractions and worries of the outside world. Holding an asana like Warrior One, with my legs stretched in a lunge and my arms reaching up, I feel grounded and free at the same time. I can sense my body acting as a conduit between the earth and the sky, and feel my breath flowing with this sacred energy. ~Jonathan Urla

Events

- ◆ Tai Chi Yoga center
Outdoor painting &
light gardening May
23rd, from 9 a.m.
- ◆ Call us if you are coming
light lunch is provided

Healthy Foods by Peony

Through dietary changes, we need to take charge of our food, where it is grown, who grows them, and who cooks them, because the energy or vibration that is absorbed from the food we eat are transmuted into our thoughts and actions.

For more information: www.1pathtopeace.com

Announcements

Suman is joining the Project Feeding Kids. It officially kicked off this month with a goal to help fight childhood hunger right here at home. You can help by joining the fight. We can do the most good by working directly with the food

banks. We are excited to be partnered with two outstanding organizations, Feeding America and Food Banks Canada.

For more information call Suman, 541-515-0462.

More testimonials

"Years ago I tried a yoga class at a fitness center and was so intimidated, I never went back. I also concluded that yoga was not for me. This has recently changed since I found Suman Barkhas. I am so grateful to have found a yoga teacher who is knowledgeable, kind, and has a sense of humor. I am encouraged by the progress I have made so far and look forward to the stronger, more flexible me a year from now."

Charlotte

"How else can I sum up my experience with Suman except to say WOW!!! On a personal note, my life has been positively changed since having met him. From a professional standpoint we could not have found a better person to teach Tai Chi: Moving for Better Balance than him. Not only does he know this program, but he is able to break each form down into basic parts and provides background on the forms and their martial arts applications. He has taught over 400 new instructors for us, many of whom are now teaching classes to seniors and those with balance issues in their community. I am personally teaching a class of my own as a result of his class. Whether you are looking for someone to teach instructors for you on a professional level or for personal lessons, Suman is the best person for the job at a great value!"

Joe Patton
Senior Falls Prevention Program Assistant, Oregon Health Authority