

## Patricia Beretta, PhD, RAc

Patricia Beretta teaches weekly Tai-Chi classes, seminars, and private lessons. She brings a unique combination of Chinese traditions (Registered Acupuncturist) and Biomedical sciences (PhD), to give her students enjoyable practices for health and a better life.



### Tai-Chi

Tai-Chi consists of graceful slow movements and has become popular for its health benefits. As a Chinese internal martial art, it is often viewed as a practice that promotes longevity, balance, flexibility, and a relaxed mind.

### QiGong

Rooted in Chinese medicine and philosophy, QiGong is a holistic system of coordinated body postures, movements, breathing, and physical training.

### Traditional Chinese Medicine (TCM)

Founded on more than 2,500 years of practice, TCM seeks to naturally regulate the functions of the body and the mind, using acupuncture, herbal medicine, massage (Tuina), exercise (QiGong), dietary therapy, and lifestyle counseling. The premises of TCM are that health can be restored and maintained by balancing complementary aspects of our being (Yin and Yang), regulating the flow of our vital force (Qi), and harmonizing 5 inner qualities (5 Elements or 5 Phases theory).

### Mindfulness

By bringing our attention to the current experience, Mindfulness helps reach a state of serenity that is beneficial to daily life and mental health.



[www.DailyTaiChi.com](http://www.DailyTaiChi.com)

519-496 89 73



# 5 EMOTIONS

## Your *Inside-Out* Solution to Physical and Emotional Stress

Tai-Chi, QiGong, Mindfulness, and Traditional Chinese Medicine Wisdom

A Workshop with Patricia Beretta, PhD, RAc

Sat. Feb. 18<sup>th</sup> 2017, 1-2:30pm

To register: [patricia@DailyTaiChi.com](mailto:patricia@DailyTaiChi.com) 519-496 8973

KW Pilates Studio, 22 King St S, Waterloo  
\$35 – early bird by Jan. 31<sup>st</sup>: \$30 only - HST included

# Physical Tensions and Mental Struggles are Connected

Balance all aspects of your wellbeing



This diagram, based on the 5 Elements system of Traditional Chinese Medicine, is at the center of the "5 EMOTIONS" and the "SLEEP" workshops

What emotions tend to make you struggle mentally, where do you feel stress in your body? This workshop helps you deal better with your life stressors, and understand other people's reactions.

Together with gentle exercises and mindfulness practices, we will explore our main mental functions, emotional patterns, and spiritual traits. We will see how Traditional Chinese Medicine holistically relates them to body parts and internal organs functions, and how to balance them.

# Tai-Chi and Mindfulness

## Do you find it difficult to relax?

You can ease physical tensions, and make positive changes to your emotional patterns with Tai-Chi and Mindfulness.

## Face life stressors with inner strength, resilience and calm

Are you struggling to feel calm? Wondering why people around you worry so much? Working on your anger? Fearful of the future?

This workshop gives you practical tools and practices applicable to your daily life. They have been carefully selected for their relevance to our busy lives. They are based on the ancestral wisdom of Traditional Chinese Medicine, as well as recent findings from health sciences.

## Gentle and suitable to all

You will leave energized, calm, and feeling rejuvenated!  
You will bring home handouts and videos to help you extend the benefits of this workshop into your daily life.

## Gain a new sense of wellbeing

*Learn to manage the physical and mental effects of stress, with Tai-Chi, QiGong, and Mindfulness.*

