

Online T'ai Chi & Qigong classes via Zoom

Monday, Tuesday, Friday ~ 9:00am, Wednesday, Thursday ~ 11:00am CT
<https://tinyurl.com/QiGongOnline>



SEVEN STARS NEWSLETTER

August / September 2021

www.7StarsMA.com

Welcome to our August / September session!

Unfortunately after 15 years we have been forced to discontinue our magazine as our printer has closed and production is now cost prohibitive. The best way to keep up to date with our calendar and happenings is through our email newsletter, so make sure you are signed up for it, are receiving and opening it! It goes out every 1st, 3rd and 5th Sunday of the month. I understand that many of you do not have easy access to online material, so I hope that this flyer will help to keep you informed.

Our newest class debuts next month with a 4 week series on The Chinese Zodiac. Lao Tzu said that to know others is wisdom, to know yourself is enlightenment. In this class we will delve in the many different aspects of the Zodiac and how it builds into a complete character analysis. Register in class for a discount!

Our final seminars of the year are all in September, some will not be offered again until the middle of next year. So take advantage of these! Especially our Eastern Philosophy, to learn the theory behind the exercises we do.

Stay safe & stay healthy,

John Robertson

Discover your destiny - The Chinese Zodiac Sunday 5th-25th Sept 7:00pm

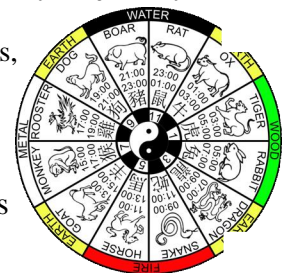
The Chinese Zodiac is actually a system of character analysis that can lead to an understanding of who you actually are, of how you relate to the world and to the people around you.

When you understand who you are, you can live a life in much more harmony than ever before. You are able to make decisions that are based on your true character rather than who you think you are.

This class will help you discover who you are, who your soul mate is, who the people are that will help your journey. And those that will hinder your journey. When is the most favourable time is to make decisions, to take vacations, to do home improvements & much more!

Register in person or:
<https://tinyurl.com/ZodiacClass>

Online via Zoom



T'ai Chi Ch'uan

Villa Park call 630 834 8970
Iowa Community Centre
338 N. Iowa Avenue,
Villa Park, IL 60181
Tuesday at 2:00pm

Lombard call 630 620 7322
Sunset Knoll Recreation Centre
820 S. Finley Road,
Lombard, IL 60148
Tuesday at 5:00pm

3rd August & 28th September

T'ai Chi for Health

Elmhurst call 630 993 8193
Wilder Mansion
211 S Prospect Ave,
Elmhurst, IL 60126
Wednesday at 11:00am

Wood Dale call 630 595 9333
Wood Dale Rec Complex,
111 E. Foster Avenue,
Wood Dale, IL 60191
Thursday at 11:00am

4th August & 29th September

T'ai Chi Ch'uan

Roselle call 630 595 9333
Roselle Park District 10N
10 N. Roselle Road,
Roselle, IL 60172
Thursday at 9:00am

Elmhurst call 630 833 5064
Courts Plus
186 S. West Avenue,
Elmhurst, IL 60126
Thursday at 12:30pm

5th August & 30th September

Blood Circulation Exercises

Poor circulation is very often a silent killer as its symptoms may easily be overlooked. Any congestion or blockage in the perfectly tuned roadmap of veins and arteries can deprive the heart, lungs, brain, extremities & organs of the precious oxygen rich blood.

Healthy circulation is essential to maintaining a healthy body. Using a combination of self massage and simple exercises we will seek to improve circulation in our hands, feet, face and body. Healthy circulation helps promote cell growth and organ function, helps you look and feel healthy. Your skin will have a healthy color and you will feel warm to the touch.

Good blood circulation helps improve brain function and keeps your mind sharp and focused. Be prepared to remove your shoes and socks.

11th September ~ 10:00 - noon



630 529 3650

172 S Circle Ave, Bloomington, IL 60108

<https://www.bloomingtonparks.org/>

Discover the secrets of Chinese Health Balls



Their use can reduce your risk of arthritis, tendonitis, carpal tunnel, rheumatism, repetitive stress injury, dementia & Alzheimer's.

They can help reduce stress, aid relaxation and help prolong life.

11th September ~ 1:00 - 4:00pm



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Energy Protection

Do you find it exhausting to be around stressed, negative or just around certain people?

Discover why and how energy can negatively affect both you and others, as well as practice a number of different energy techniques and strategies to help stop you from picking up unhealthy energy from others or transferring unhealthy energy to them. Unhealthy and toxic energies can easily be transferred during a therapy session from client to practitioner and vice-versa. Many energy and body workers report feeling drained or fatigued after working with certain clients. Some professionals and non-professionals experience the same effect while simply being in the presence of co-workers, friends and family; noting that other's thoughts, emotions and words can also have a profound impact on their physical, mental, emotional and spiritual well-being. Energy protection training for many professionals and the general public is a must.

Saturday, September 25th 12:30 - 5:30pm

26402 Edgemon Lane, Barrington, IL 60010
847 842 1752 www.relax4life.com

Friday 1st-29th October 1:00pm Eastern Philosophy & Theory ~ \$97

Eastern mystics have practiced longevity exercises for millennia with the goal of prolonging life and ultimately achieving immortality.

What are the philosophies that lead them to these practices?

Part lecture, part practice; this class aims to demystify the Eastern philosophies of Yin

Yang, The Tao, Five Phases & more!

Register with Bloomington Park District or with your instructor



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