



January Tai Chi Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Happy New Year!	2 Riverton 12p	3 Community Partner:	4
5	6 Lander 12p	7 Riverton 12p	8 Lander 12p	9 Riverton 12p	10 <u>Qi Gong</u> (Chee Gong)	11
12	13 Lander 12p	14 Riverton 12p	15 Lander 12p	16 Riverton 12p	17 Taught by Shelia Newlin	18
19	20 Lander 12p	21 Riverton 12p	22 Lander 12p	23 Riverton 12p	24 At the Riverton Senior Center	25
26	27 Lander 12p	28 Riverton 12p	29 Lander 12p	30 Riverton 12p	31 Fridays 10a	1

Thank you for attending Tai Chi Classes offered by the F.C. Wellness Program and the F.C. Library. We are beginning our Taijifit Classes again and everyone is welcome! Please see the back of the calendar for more information. If you have any questions, please contact me or the library:

F.C. Library Lander: 332-5194

Penny Fahey, FC Wellness Program

F.C. Library Riverton: 856-3556

307-714-2380;

fremontcounty.wellness@gmail.com



What Is Taijifit (Tai Chi Fit)?

Taijifit was created by Tai Chi Master David-Dorian Ross as a way to have people feel the benefits from doing Tai Chi in a relaxed atmosphere where everyone is welcome, even those with '2 left feet'. It also serves as a great introduction to Tai Chi for those who may want to continue with classical Tai Chi forms and lessons.

Who Is David-Dorian Ross?

From taijifit.net:

David-Dorian Ross is "America's favorite" Tai Chi master teacher – having introduced Tai Chi to more people in America than any other individual through his television shows and dvds. He has been studying Tai Chi since 1979 from some of the top Masters in the world. He's also a US and world record holder in Tai Chi forms competition...He has written, starred in and hosted more than 100 instructional dvds, television specials and television series. He is a Professor for The Great Courses, and his program The Essentials of Tai Chi and Qigong is the #1 selling dvd collection in the world. He is a featured expert for YMAA Publications, and his dvd "Tai Chi Fit Over 50" is the #1 New Release in Amazon's Top 100 fitness dvds. David-Dorian is also the executive producer of "24 Hours of World Peace Livestream," a live webcast of World Tai Chi Qigong Day events. Bill Douglas, the founder of World Tai Chi Qigong Day, dedicated the 20th Year to David-Dorian for his contributions to the theme of world peace and harmony. International action film star Jet Li called David-Dorian "the American Idol of Tai Chi" and brought him to China to be the international face of his online TaijiZen Academy. David-Dorian is the only master of the TaijiZen method outside of China.

Learn More and Other Resources

- <https://taijifit.net/> (general information about Taijifit, upcoming in person trainings, and more)
- <https://studiotaijifit.com/> (live streamed and recorded Taijifit Classes offered regularly)
- <https://www.thegreatcourses.com>, search David-Dorian Ross (for a variety of Tai Chi courses)
- <https://www.amazon.com/>, search David-Dorian Ross (for a variety of Ross' DVD's and books)

Penny is a certified Taijifit instructor and has been lucky enough to attend in-person trainings with David-Dorian Ross (a pretty great guy).