

# About the Presenter

Jessica Lewis

Over the time Jessica Lewis, PT, CNC discovered Tai Chi Chih in 2013, she already held multiple credentials including certifications as a master personal trainer and a nutritional counselor. She has been operating her unique lifestyle coaching private practice Sculpt Your Life® [www.SculptUrLife.com] since 2004. She also had studied Tang Soo Do karate extensively and had even competed on a national level.



The adaptability (and thus unparalleled power) of T'ai Chi Chih became instantly apparent to Jessica. Thus, immediately upon her Accreditation in 2015 she began focusing even more exclusively on offering T'ai Chi Chih classes and one-on-one sessions via her private practice. Since then, Jessica has also taught extensively for prominent functional medicine practices, the Cancer Support Community, Widener University, and she's Delaware's only authorized VA Community Care Network contractor conducting federal T'ai Chi Chih for Veterans classes. Plus, she has facilitated interactive Tai Chi Chih presentations and workshops at conferences hosted by Harvard Medical School, OSHER Center for Integrative Medicine, the Mental Health Association, Delaware National Guard, the Brain Injury Association, and the Delaware Subcommittee for Veteran and Military Suicide Prevention.

2331 Quail Creek Road  
Tupelo, MS 38801

Come  
experience  
joy through  
movement

T'ai Chi Chih®  
Workshop

March 15-17, 2024

NMMC Wellness Center

1030 South Madison  
Tupelo, Miss.

## Registration Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Phone \_\_\_\_\_  
Email \_\_\_\_\_

Register by returning this form with enclosed payment to Ron Richardson/TCC Workshop.  
Mail to Ron Richardson, 2331 Quail Creek Road, Tupelo, MS 38801.

## The Power of Softness

Jessica's teaching style, focusing primarily on the softness of T'ai Chi Chih, easily both captures the attention and inspires sometimes profound shifts in the lives of her students. It has been Jessica's experience that T'ai Chi Chih can augment medical therapies for a large array of physical and mental health conditions. Learning to truly let go of tension in the body through the softness of T'ai Chi Chih can easily reveal a path for students to realize the real POWER of this simple practice... come and experience what our treatment has in store for you.

## History of the T'ai Chi Chih Practice

Originated in 1974 by American T'ai Chi Master Justin Stone who studied extensively in the Orient, T'ai Chi Chih has since spread throughout much of the world. It is neither a martial art, nor a religion. It is a moving discipline that brings great peace and serenity to those who practice regularly. T'ai Chi Chih is an evidence-based moving mindfulness practice whose slow, soft movements have proven effects on blood pressure, immunity, and most aspects of physical and mental health.

## T'ai Chi Chih Workshop

March 15-17, 2024

1-5 p.m. Friday

9 a.m.-5 p.m. Saturday (lunch included)

9 a.m.-noon Sunday

## Location:

NMMC Wellness Center  
1030 South Madison, Tupelo, Miss.

## Workshop Fee

Fee: \$90

## Lodging Information

For information about hotel accommodations in Tupelo, please visit [www.tupelo.net/stay](http://www.tupelo.net/stay)

