About the Presenter

essica Lewis

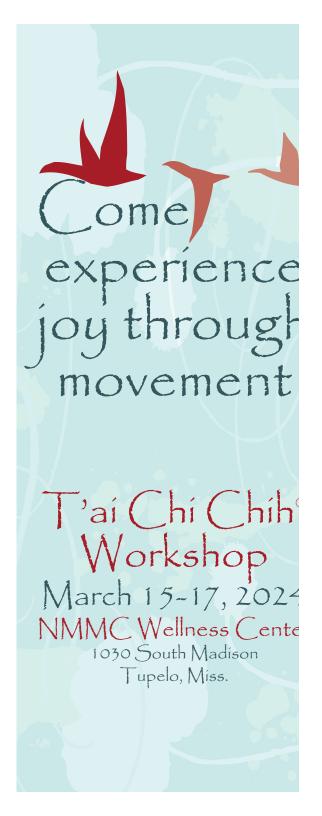
the time Jessica Lewis, PT, CNC discovered ai Chi Chih in 2013, the already held multiple edentials including artifications as a master



ersonal trainer and a nutritional counselor. ne had been operating her unique lifestyle paching private practice Sculpt Your Life® rww.SculptUrLife.com] since 2004. She also ad studied Tang Soo Do karate extensively ad had even competed on a national level.

ne adaptability (and thus unparalleled ower) of T'ai Chi Chih became instantly parent to Jessica. Thus, immediately upon er Accreditation in 2015 she began focusing ren more exclusively on offering T'ai Chi hih classes and one-on-one sessions via er private practice. Since then, Jessica is also taught extensively for prominent nctional medicine practices, the Cancer apport Community, Widener University, nd she's Delaware's only authorized VA ommunity Care Network contractor conacting federal T'ai Chi Chih for Veterans asses. Plus, she has facilitated interactive ai Chi Chih presentations and workshops r conferences hosted by Harvard Medical thool, OSHER Center for Integrative edicine, the Mental Health Association, elaware National Guard, the Brain Injury ssociation, and the Delaware Subcommittee r Veteran and Military Suicide Prevention.

2331 Quail Creek Roac Tupelo, MS 38801



he Power of Softness

ssica's teaching style, focusing primarily 1 the softness of T'ai Chi Chih, easily both ptures the attention and inspires sometimes ofound shifts in the lives of her students. has been Jessica's experience that T'ai Chi hih can augment medical therapies for a ige array of physical and mental health onditions. Learning to truly let go of tension the body through the softness of T'ai Chi hih can easily reveal a path for students realize the real POWER of this simple actice... come and experience what our treat has in store for you.

listory of the 'ai Chi Chih Practice

riginated in 1974 by American T'ai Chi laster Justin Stone who studied extensively the Orient, T'ai Chi Chih has since spread rough much of the world. It is neither a artial art, nor a religion. It is a moving scipline that brings great peace and renity to those who practice regularly. ai Chi Chih is an evidence-based moving indfulness practice whose slow, soft ovements have proven effects on blood essure, immunity, and most aspects of nysical 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

ocation:

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



City Address. Registration Form

Mail to Ron Richardson, 2331 Quail

Creek Road, Tupelo,

38801

Register by returning this form with enclosed payment to

Ron Richardson/TCC Workshop