

# Two New Programs at the Recreation Centre Can Improve Your Mindfulness

BY DAYNA STODDART



Mental fitness is just as important as physical fitness, especially as we age. It should not be neglected. Mind/body programs take into account the physiological, psychic, and spiritual connections between the state of the body and that of the mind.

Two new programs at our Recreation Centre allow us to practice mindfulness (gaining awareness of changes in physical sensations without attaching meaning to them and becoming fully present within each moment) - a technique gaining huge popularity and proving very beneficial for those prone to anxiety or panic-related disorders. Mindfulness will help improve mental focus and concentration and reduce stress.

Drums Alive and Qigong are both examples of this type of program and are both offered on Wednesdays.

Drums Alive® is the original and only evidence-based drumming fitness, health, and wellness program that provides a "whole brain & whole body" workout. It promotes physical, social, emotional, and cognitive health. Using patterning and rhythms, it's a workout for the entire body as well as a powerful tool for stress reduction and mental balance. Experience the joy of music, movement and rhythm. Join us on Wednesdays from 6 p.m. to 7 p.m.

Linda Varnam is a certified Qigong instructor who loves sharing the Qigong as it is so easy to learn and so beneficial for health and wellness. Since she has been teaching at our Recreation Centre, she has been told that Qigong is a great way to improve a golf game!

Here are five things to know about Qigong (pronounced Chee-Kung) and possibly improving your golf game:

- 1 Qigong is a mind-body practice. Movements of Qigong are practiced slowly and intentionally, helping to improve focus and concentration.

*Golf requires focus and concentration.*

- 2 Regular practice of a moving form of Qigong, such as the 18 movements of Tai Chi Qigong Shibashi, can improve balance and co-ordination.

*Golf requires balance and co-ordination.*



- 3 The movements of Tai Chi Qigong Shibashi are gentle, flowing and weight bearing, therefore benefitting the musculoskeletal system by maintaining and improving strength, flexibility and range of motion.

*Golf requires all three.*

- 4 The concept of the "Qi follows the Yi" refers to the fact that where the mind goes the energy will follow. Practicing with intention can have positive results for emotional control.

*Intense emotional outbursts will not improve your game. Keep a level head and remember to have fun.*

- 5 Practicing Qigong can help to clear energy blockages, restore depleted energy and calm overactive energy. Begin and end your game with energy.

**JOIN LINDA FOR THE QIGONG SESSIONS**

ON WEDNESDAYS FROM 1:30 P.M. TO 2:30 P.M.

