

Mindful Movement (qigong)

w/ Dr. Donna Kester Phillips



Adult Mindful Movement Qigong Program: (chi gong) is a developmental, individual abilities, trauma informed approach to self-care that integrates mindfulness and mindful movement to help develop mobility, flexibility, and stability. Qigong is similar to Tai Chi and Yoga but is less structured and easier to learn yet yields the similar benefits.

***About the Instructor Dr. Donna Kester Phillips.** A life-long resident of Grand Island (and former Island elementary school teacher), Dr. Donna Kester Phillips was introduced to yoga in the late 60's and eventually became a certified trauma-informed Yoga teacher. She continued to explore mindfulness and mindful movement, which led her to become a certified Lee Holden Qigong instructor. As an Associate Professor of Education, she integrates mindfulness into her teacher preparation classes. All these experiences inspired her to establish the annual Mindfulness Conversations and Mindful Movement Conference at Niagara University with the purpose of connecting others practicing mindfulness in their own professions. Most recently, she created the Center for Mindful Practice at Niagara University, an organization where she is currently the Director.*

TUESDAYS 11AM



(Check website for actual dates)

Ages: 18 and up

Qigong: 11am to 1230pm (\$5Res, \$10NR)

Duration: Each program is 1.5 hour, 4 weeks per session

Location: Community Center 3278 Whitehaven Road. Grand Island NY.

Registration required! <https://grandislandny.myrec.com>

Town of Grand Island Recreation Department, 3278 Whitehaven Road, Grand Island NY 14072

716-773-9680, Email recreation@grand-island.ny.us

