

# INVITATION TO OUR GOLDEN AGE CENTER FRIENDS



**Mindful Movement (qigong)**  
**FREE 1hr. \*One Day Only**

**Monday Feb. 6, 2023**

**11am-12pm**

**We invite you to join us and try our 1-hour  
complimentary Introduction to Mindful Movement class  
in the Community Center. This is an “at your own pace”  
introduction & instruction class!**

**Need: Indoor sneakers, socks or barefoot, water bottle optional**

**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 of 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.*

**Sign-up/Registration is required. Limited to 20ppl.  
Register in person at the Golden Age or Rec. Office 8am-3pm.  
Registration closes at 11am day of class.**

Town of Grand Island Recreation Department  
3278 Whitehaven Road, Grand Island NY 14072  
716-773-9680 Email [recreation@grand-island.ny.us](mailto:recreation@grand-island.ny.us)

