



Pawsitively Transformational Health and Wellness, Inc

MOVEMENT MEDITATION PROGRAMS

Move, breathe, ground, restore.

Tai Chi and Qigong for mental and physical health and wellness

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SCOPE

Movement meditation as defined here includes skills, concepts, and movements that cultivate body/mind connection, flexibility, strength, balance, stress regulation, calm, and intentional focus. **We offer two program types: Wellness Program and Therapy Group.** Therapy Group sessions teach Tai Chi and Qigong as therapeutic tools to develop psychological and nervous system regulation skills that are applicable to many life circumstances, from mild to very challenging. Wellness Program sessions teach Tai Chi and Qigong as traditional movement arts, including meditative, phsyical, and, where applicable, practical and martial applications.

THERAPY GROUP

This is a skills-based group that integrates gentle Tai Chi and Qigong movements, controlled breathing, and mindfulness concepts to foster nervous system regulation and mind-body awareness. Participants learn and practice skills and strategies for reducing stress, facilitating relaxation, improving grounding, and developing mental/physical balance, coordination, and flexibility. Practices are adaptable to individual mobility and ability levels. Diverse bodies are welcome. This is a skills group where the focus is on education and experiential practice of movement meditation, not a processing group where the focus would be on sharing and exploring personal emotions or experiences such as trauma (we have other groups for that).

Current schedule: Group section 1: Wednesdays 12 pm – 12:50 pm, Group section 2: Fridays 5:15 pm – 6:05 pm. An initial intake session is required before participation. Therapy groups and intake sessions are mental health therapy services and billable to insurance.

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WELLNESS PROGRAM

These community-based educational sessions provide instruction in the foundational principles, movements, forms, and practices of Tai Chi and Qigong and related arts. Participants develop balance, strength, coordination, mobility, body awareness, and movement skills while learning traditional principles and, where appropriate, practical and martial applications of Tai Chi and Qigong. Wellness Program classes are instructional and recreational in nature and are not psychotherapy or a clinical treatment group.

Please email us for the class schedule or to request a special topics session or workshop.

Tuition options for individuals (additional family member 50% off): 1) Special topics session, workshop hourly rate per person, or participation per session without monthly tuition (reservation required, limited availability): \$20 (tax included). 2) Monthly tuition: \$40 + tax for 2 sessions per month, \$60 + tax for 4 sessions per month. 3) Scholarships: we have a limited number of partial tuition scholarships for individuals who could not otherwise afford to attend our group classes. 4) Private session (1x1): \$40 + tax per hour.

Group rate for workshop or educational presentation: \$150 + tax per hour. We offer pro bono services to the community as we are able, for groups or organizations who could not otherwise afford to schedule.

INSTRUCTOR

Nathaniel Lukas Redekopp, PhD, NCC, LPCC, (bilingual English/Spanish) is an Associate Instructor of Tai Chi and Qigong certified by the American Tai Chi & Qigong Association. He has studied Tai Chi and Qigong since 2016 and taught since 2021. Contact 575-404-1542, nathaniel.lukas@pawsitivelytransformational.com



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