

Patricia Beretta, PhD, RAc

Patricia Beretta teaches weekly Tai-Chi classes, seminars, and private lessons. She brings a unique combination of Chinese traditions (Registered Acupuncturist) and Biomedical sciences (PhD), to give her students enjoyable practices for health and a better life.



Tai-Chi

Tai-Chi consists of graceful slow movements and has become popular for its health benefits. As a Chinese internal martial art, it is often viewed as a practice that promotes longevity, balance, flexibility, and a relaxed mind.

QiGong

Rooted in Chinese medicine and philosophy, QiGong is a holistic system of coordinated body postures, movements, breathing, and physical training.

Traditional Chinese Medicine (TCM)

Founded on more than 2,500 years of practice, TCM seeks to naturally regulate the functions of the body and the mind, using acupuncture, herbal medicine, massage (Tuina), exercise (QiGong), dietary therapy, and lifestyle counseling. The premises of TCM are that health can be restored and maintained by balancing complementary aspects of our being (Yin and Yang), regulating the flow of our vital force (Qi), and harmonizing 5 inner qualities (from the 5 Elements or 5 Phases theory).

Mindfulness

By bringing our attention to the current experience, Mindfulness helps us reach a state of serenity that is beneficial to daily life and mental health.



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BETTER SLEEP

**Bye bye mental fog,
Sleep like a log!**

with Tai-Chi, QiGong, Mindfulness, and
Traditional Chinese Medicine Wisdom

Patricia Beretta's 2-class program
for BETTER SLEEP

2 Saturdays, 1pm-2:30pm
Feb. 25th + March 4th, 2017

KW Pilates Studio, 22 King St S, Waterloo
\$70 (HST incl.) early bird by Feb. 7th: \$60

To register: patricia@DailyTaiChi.com, 519 – 496 8973

“A well spent day
brings happy sleep”

Leonardo Da Vinci

Better Sleep through Balancing your Body and Emotions



This diagram, based on the 5 Elements system of Traditional Chinese Medicine, is at the center of the “5 EMOTIONS” and the “BETTER SLEEP” workshops

We will explore how Traditional Chinese Medicine holistically connects all aspects of our life into a coherent system, and how to benefit from ancient practices such as Tai-Chi, QiGong, and meditation, in order to restore and maintain balance.

You will gain a new perspective on sleep, and on health in general. With a sleep assessment, information sheets, teas, essential oils, mindfulness, you will get a handful of valuable resources and guidance, towards *your* BETTER SLEEP!

Sleep Well, Live Well!

Do you really know what affects your sleep?

Sleep is one of the highest health priorities for anyone’s wellbeing. Learn about sleep physiology, about your own sleep patterns, and discover what you can do to sleep better.

De-stress both mind and body

Is your mind racing at bedtime? Upset because of work or relationships? Several bathroom breaks? Is pain a challenge? Too cold, too hot & sweaty, or too restless to sleep?

Your environment, some health issues, your thought patterns, your life stressors, so many factors can keep you awake... But a good night’s sleep does not just happen: it is also a question of lifestyle.

Join this holistic program and find out what works for you!

Gentle and suitable to all

You will leave each session of the BETTER SLEEP program feeling rejuvenated and calm. You will bring home handouts and videos to help you extend the benefits of this program into your daily life.

Get in-depth support

Learn where your own sleep challenges are, and how Tai-Chi, QiGong, and mindfulness can help.

