

T'ai Chi Chih

T'ai Chi Chih is a moving meditation bringing balance of emotional, physical, mental & spiritual benefits to people of all ages!

When doing the "20 Gentle Easy to Learn" movements, the surge of Vital Force ~Chi~ flows through the body filling the Solar Plexus with vitality, health & increased energy.

- Promotes Relaxation
- Stimulates Creativity
- Facilitates Weight Control
- Regulates Blood Pressure
- Improves Circulation
- Heightens Awareness

Joy
thru
Movement

Serenity through T'ai Chi Chih



- Softness** - floating quality of movement - focused within
- Evenness** - same speed even weight shift
- Slowness** - slow motion, graceful, no rushing
- Circularity** - going with the flow roundness in hand and arm movements.
- Synchronicity** - moving body from hips, upper and lower body move as one unit
- Rootedness** - knees bent step out, heel down first



Denise Singerline



Being born with many "Gifts of Spirit," Denise Singerline is both a Natural Intuitive Healer & an Empath. While pursuing her Spiritual Path, Denise owned her own business as a Certified Professional Photographer for 12 years. Following the call from Spirit, Denise sold her business and moved from New Jersey to Arizona.

Looking forward to owning her own Healing Center, Denise has already accomplished the following:

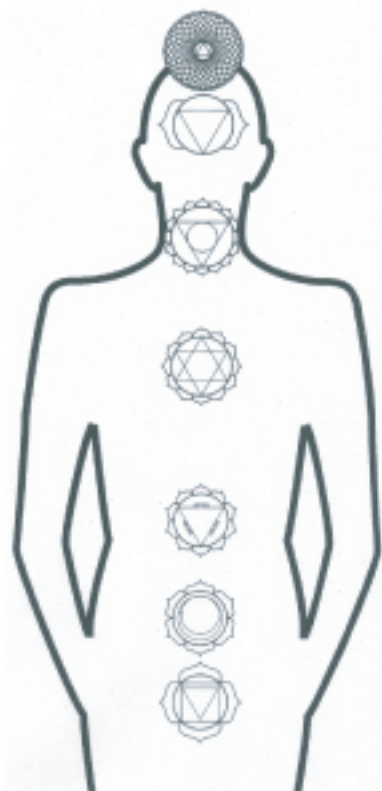
She is:

- A natural, intuitive Healer,
- a Reiki Master/Teacher-Trainer
- a Tai Chi Chih Instructor
- & a Spiritual Minister



Chakra Balance

with Denise Singerline



Denise Singerline tunes into a "High Vibrational Frequency" much like a tuning fork, thus becoming a channel for Divine Energy. Chi - Universal Life Force is then directed to flow into the receiver.

Chakra Balancing dissolves blocked energy patterns and promotes harmony and balance in the human energy field and organs.

A Restored Energy Flow

- Reduces Stress
- Opens & Clears Chakras
- Strengthens Immune System
- Balances the Mental, Spiritual, Physical & Emotional Bodies

The Process

- A pendulum evaluates the chakras.
- A combination of Reiki, Energy Work & Intuitive Healing are applied.
- Both crystal therapy & tuning forks are used to balance the chakras.
- Energy stroke is applied followed by the healing sounds of a Crystal Singing Bowl.
- A consultation completes the session.

Take Time
for
Yourself

Relax, Balance, Heal
Restore your Energy Flow

By Appointment ~ Sliding Scale

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