It’s healthy for my brain. I combine mindfulness and positive psychology I blend them together. Classes each one is different, but I blended them together to combine mindfulness and positive psychology into many of our classes.’

‘Teaching is something I was called to do,’ he says. ‘I enjoy all the classes. Each one is different, but I blended them together to combine mindfulness and positive psychology into many of our classes.’

‘Tai Chi improves balance to prevent falls. It also helps enhance mind-body connection. Sequencing and repetition improve memory and increase cognitive functioning. Tai Chi also helps people destress.’

‘Qigong includes some traditional Chinese medicine, which treats the entire person and focuses on mind and energy work,’ Fred explains.

‘Qigong is a gentle mind/body exercise focused on inner awareness and intention while practicing specific postures and movements in sequence. It focuses on techniques, visualization, meditation, and relaxation.’

‘Qigong includes some traditional Chinese medicine, which treats the entire person and focuses on mind and energy work,’ Fred explains.

‘Tai Chi is a form of Qigong. Fred has been fascinated with Tai Chi since his first class as a student 30 years ago, where he learned the art and principles of Tai Chi. He says the benefits are far-reaching.’

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Fred has acquired several certifications that allow him to teach these specialized classes.

‘The first class Fred taught at Oasis was Tai Chi for Arthritis. He has been a Tai Chi instructor for over 20 years and is a registered yoga instructor.’

Fred says. ‘They really listen and are open to presentation topics. I truly enjoy teaching and have been able to introduce lots of classes not there before. My number one rule in any class is that we will have fun. I make it a safe and fun place to be.’
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