

Whispering Acres Tai Chi with the Horses!

71765 581st Ave Jansen, 68377



Tai Chi helps improve mental health by reducing stress, anxiety, depression and by increasing self-esteem. It often helps with mood disturbance, and may improve emotion regulation.

How Tai Chi works:

Modulates brain regions associated with depression and mood regulation. Reduces stress by reducing sympathetic output and neuroinflammatory sensitization.

Shifts attention away from stressors.

Other benefits: Increased physical energy, allows for better rest, gives you more clarity and focus, improves your balance.

Why Equine Tai Chi?

It combines the positive aspects of Tai Chi with the therapeutic aspects of the horse's natural energy and it develops a deeper energetic connection between you, the horse and nature.



Join us every Tuesday evening in May and June for a relaxing evening in the country while learning the art of Tai Chi.

Classes start Tuesday, May 7th and finishes June 25th, 2024. Classes will start promptly at 7:00pm and will last for 1 – 1 ½ hours.

Register on our Website: <https://whisperingacres.org>
or call/text Jill at 402-520-0922

Cost for entire class is \$80.00. You may Venmo or send a check to Whispering Acres.