

TheraQi: A Universal Movement Protocol



Join Daniel Martinez Hixson as he introduces a new low-impact, highly adaptable movement method called *TheraQi*.

Inspired by dance, eastern martial arts, and physical therapy, *TheraQi* is a series of circular joint movements appropriate for all people regardless of age, body type, or physical ability.

**Monday
July 2nd & 16th
11:30am-12:30pm**

**Saint Matthews Church
7410 Sunset Drive, Miami, FL 33143**

**FREE Exercise
Program
for Parkinson's
Patients and
Caregivers**

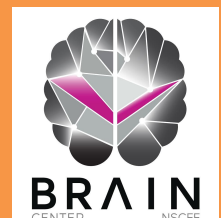
**Move your way to
happiness and
health**

Get Motivated

**For more
information,
please contact:**

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