



## Meet your Instructor



### **Biana Mavasheva**

*Certified Kai Chi Do  
Instructor*

“ Kai Chi Do is not only an excellent workout both mentally and physically, but more importantly the spiritual awakening you achieve from the circulation of your energy. Kai Chi Do has changed my outlook on life and has inspired me to search more into spirituality” - Ronnie Langford

“Transformational!  
.....Like a day at a spa, But more personal and connective.” - Deborah Williams

For more information  
please visit  
[www.kaichido.com](http://www.kaichido.com)

# Kai Chi Do

Using breathwork, music, and movements derived from the ancient wisdom of the martial arts, Kai Chi Do quickly takes you into a calm meditative state of mind. At the same time, you get a great physical workout that you can easily adapt to your own level of fitness.

Kai Chi Do literally translates to Free Spirit Way or the Way to Free Life Energy. This is an exercise that uses wisdom derived from ancient practices of energy movement, breath, and sound to integrate body, mind, and spirit. Kai Chi Do utilizes Five elements (Root-Yuan, Air-Kongqui, Fire-Huo, Water-Shui, Earth-Dadi) in combination with music, meditation, and breath-work to powerfully free blocked energy.

By creating a safe and nurturing space after completing the 70 minute practice people walk away feeling a deepened connection with Themselves, Source, and Others.

**When: Every Saturday 8:30 to 9:45 am**

**Where: Inner Balance**

**350 Pfingsten Rd. Suite 107  
Northbrook, IL 60062**

**Cost: \$10**

**PLEASE RSVP with Biana: [bianaz88@yahoo.com](mailto:bianaz88@yahoo.com)**

**\*\*\*Bring a water bottle to stay hydrated**