

Meditation

Age Requirements

16-21

,

18 and over

Available 24/7

No

Intake Contact Email

director@bendingtree.org

Intake Process

You may pre-register for the class of your choice using the website or contact us by phone or email.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Bending Tree Tai Chi Kung

<http://bendingtree.org/>

Main

(757) 318-9355

1716 Pleasure House Rd.

23455 VA

United States

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Bending Tree offers meditation classes. Meditation can help you concentrate, improve your sleep habits and relieve stress.

Moving meditation is practiced to enhance the mind/body connection and allow one to have more of a connection with the internal body. Tai Chi and Chi Kung are exercises as well as meditations. You will move every muscle, joint, bone, and organ of the body but in a slow and methodical way.

This six-week curriculum will explore the world of meditation and develop "habit energy" for your health and wellness.

Bending Tree is now part of Tai Chi East-West Alliance (TEA).

Bending Tree has a Senior Citizen Coordinator who works with a team of seniors called the "Silver Tigers." Our company is devoted to the health and wellness of the wise amongst us- our seniors.

Service Area(s)

Hampton City

,

Norfolk City

,

Virginia Beach City

Email

director@bendingtree.org