

## The Wellness Foundation continues to sponsor Kalila King teaching Taiji for free in Mableton



(Atlanta, Georgia, July 7th, 2007)- **The Wellness Foundation** is proud to acknowledge its sponsorship of the **Wellness Taiji Project**, which is now well into its third year with Ms. Kalila King at the helm as its Taiji instructor.

Recent unsolicited feedback from one of the beneficiaries of the **Wellness Taiji Project** best summarizes the sentiments of the community:

"I'm taking Kalila King's Taiji class, and want to tell you what a *\*wonderful\** teacher she is! She's deeply versed in this and in related disciplines, she communicates the movements simply but with a depth that allows the student to understand, she is always cheerful, and eager to spend extra time with students after class or in email. I am *\*deeply\** grateful that The Wellness Foundation is sponsoring this unheard-of opportunity to learn Taiji for free, and I wanted you to know how much it means to me, and how grateful I am for this program--I'm 57 years old, overweight, learned Taiji 10 years ago but have not practiced since. With Kalila's skillful help I have re-established my commitment to the discipline and art of Taiji, and already after only 3 months find remarkable health benefits (such as a stability and physical balance I *\*never\** had before, growing muscle strength, and the reversal of the Piriformis Syndrome that drove me to take up Taiji again, to begin with!) due to the classes and my daily Practice. Again, thank you so very much for this wonderful, beneficial service you've offered the community!" -- Judith H.

**Location:** Mableton South Cobb Regional Library (or MableHouse Arts Center across Floyd Road) at 805 Clay Road, Mableton, GA 30126

**Directions:** Call 770-528-2326

**Time:** Tuesdays from 9:00 to 10:00 AM EST

**Schedule Confirmation:** Call 770-943-4198

**Web Site:** <http://TheWellnessFoundation.com/Taiji>