

Eastover Estate Adding Community Wellness Classes ~ Including a Bagua Zhang Workshop Sampler, Free to In-House Guests

Together with Berkshire Community College, Eastover is Offering Many New and Exciting Wellness Classes to Berkshire Residents at Large - Cooking classes,

LENOX, MA, USA, September 21, 2017 /EINPresswire.com/ -- As of mid October, Eastover Estate & Retreat and Berkshire Community College will be offering a range of [wellness classes to the Berkshire community-at-large](#) at discounted rates, and to its in-house guests free of charge. Each class is taught by highly skilled professionals in their respective fields of: Nutrition, Healing Arts, Qigong, Taichi, Chinese Calligraphy, Chinese Brush Painting, Kung Fu, Acupressure and more.



Eastover Master in Residence, Terry Dunn - Oct-Dec, 2017

Renowned Qigong and Taichi instructor, *Terence Dunn, who created the all time bestselling "Tai Chi for Health" DVD series, was the first Taichi trainer in the NBA (training the Los Angeles Lakers during their second championship season), and who wrote the first ever medical protocol in American medical history on applying therapeutic Taichi & Qigong to accelerate recovery from major surgery, will be *Eastover's Master in Residence as well, providing expert Martial Arts training from October to December.

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... "This series is a good example of a serious and gifted instructor who offers a complete system of healing qigong to the serious student." -- Referring to the teachings of Master Terry Dunn"

Solala Towler - Editor, The Empty Vessel-Journal of Contemporary Taoism

Eastover's Class Schedule for this Fall:

- *Taoist Elixir Method Qigong (Tao Tan Pai) w/Master in Residence, Terence Dunn--Sundays 1:30pm
- *Flying Phoenix Qigong with Master in Residence, Terence Dunn – Sundays 4pm
- *Yang Style "Taichi for Health" with Master in Residence, Terence Dunn – Mondays 3pm

Kundalini Yoga - Wednesdays – 4:30pm

Natural Science Hike - Fridays – 3:30pm

Qigong – Saturdays – 9am

Iyengar Yoga – Saturdays-11am

Kung Fu Training – Thursdays – 12:15pm

Shamanic Journey for Self-Healing starting
October 18th

Chinese Acupressure for Good Health, Illness
Prevention & Longevity – Thursdays 12:15pm

Traditional Chinese Brush Painting –
Wednesdays – 11a-1:30pm

Chinese Calligraphy - Thursdays – 10:30am

Food as Medicine – Mondays – 6pm

Workshop Sampler: Sheng Zhen Gong & Ba
Gua Zhang Training with Master Junfeng Li –
Friday, November 10th 7:30pm

[Daily Meditations with Master Junfeng Li -
November 11th-15th - Free to all](#)

Call 866 264 5139 for details or visit Eastover.com

[EASTOVER is A 600-Acre sanctuary and residential holistic retreat center](#) with sun-drenched café, juice bar, library, meeting rooms, porch, terrace, affordable out buildings and luxury bedrooms in the mansion, centrally located in the cultural hub of the Berkshires, minutes from Tanglewood, Norman Rockwell Museum, & many other cultural venues, An ideal location for teachers, groups, organizations and companies seeking retreat and training. It is dedicated to facilitate retreat and training groups, offers spacious program studio facilities including commercial kitchens for cooking classes. Wide range of overnight accommodations that fits everyone's budget, from rustic, to contemporary, to luxurious.

Eastover is not affiliated with any specific spiritual tradition. Its eclectic open-hearted receptivity to a broad array of groups and teachers aims to support the continuing emergence of holistic and ecological ideas capable of renewing our culture and leading the way to a sustainable planet.

Tally Ho Entertainment/workshop Venue

Located just walking distance from the Mansion is our newly renovated, multi-purpose entertainment venue known as Tally Ho, an iconic gathering place loved for decades by people from the Berkshires and beyond. Tally Ho offers the largest indoor space in Berkshire County, with over 9,000 sq. ft. suitable for receptions, conferences, weddings, lectures, workshops, performances and events of all kinds.



Eastover Offering Weekly Qigong, Taichi, Iyengar
and Kundalini Yoga Classes



Sheng Zhen Healing Qigong Workshops & Teacher
Trainings

Now its time to book your holiday party: eastover.com or 1-866-2645139

Yingxing Wang
Eastover Estate and Retreat
8662645139
[email us here](#)

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