

Trinity is a mind-body exercise class that teaches class participants how to use exercise to feel better emotionally, energetically as well as physically. During Trinity, participants can reduce stress and anxiety and increase awareness and promote wellness and joy. Trinity uses traditional exercise methods such as the ball, weights, floor exercises and foam rollers. Class participants are encouraged to discover any restrictions held physically, energetically or emotionally in their bodies and they learn how specific exercise techniques can guide them toward release. Various Chi Kung modalities and energetic exercises are included as well. All class participants receive a free energy assessment which is scheduled separately with the class instructor.

TRINITY is taught through the Boulder Parks and Recreation Department and through area fitness clubs. For more information contact Carolyn Eberle at 720/530-7621 or [eberle01@sprynet.com](mailto:eberle01@sprynet.com) or look for Trinity under the resources section of this website.

To register for Trinity Chi Kung through the Boulder Parks and Recreation Department call 303/413-7270 or online at: [www.ci.boulder.co.us/parks-recreation](http://www.ci.boulder.co.us/parks-recreation)