



Rick
Stoker

TAI CHI & QIGONG

a path to being present

Meditation
&
Gentle Movement

Starting May 6th
Wednesdays
5:30 PM
American Legion
Post 17
23 Deering St
Portland

Vets4Vets

Veterans
Family
Caregivers

about the instructor

Rick Stoker is a U.S.C.G. Veteran and retired Fire Captain. He has been treated for physical and mental trauma. Rick has 32 years of sobriety, namely through Alcoholics Anonymous. Though he is grateful to modern medicine, his doctors and the 12 steps of A.A., he is equally grateful for the health benefits received from Tai Chi and Qigong as a valuable adjunct to his substance abuse and trauma recovery. Rick has studied Tai Chi and Qigong for 25 years and considers them a major part of his whole health regiment by practicing both daily.

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