

INTRO. TO TAI CHI & QIGONG



No
experience
required.

What is Tai Chi?

Tai Chi (Taiji) is an ancient Chinese tradition that today, is practiced as a graceful form of exercise.

It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing exercises (qigong).

Tai Chi is a non-competitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Who can do Tai Chi?

Tai Chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels.

Not sure if Tai Chi is right for you? Call and ask for Alex or Diana.

Some benefits of Tai Chi include ...

- ✓ Reduced Stress
- ✓ Increased Flexibility
- ✓ Increased Energy & Vitality
- ✓ Improved Balance.

BEGINNERS' SESSIONS



Summer 2018

- **Sunday, July 15, 8:45 - 10:00 am**
(6 weeks to August 19)
- **Thursday, July 19, 10:30 - 11:45 am**
(5 weeks to August 16)

Instructors: James Norman & Meg Holmes



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