

WHAT IS T'AI CHI?

T'ai Chi is a discipline based on principles of focus, balance and movements. The *Yang Style* form of T'ai Chi, in performance, looks like a classical dance with graceful movements. The benefits are many. It is a gentle yet powerful practice for both mind and body, making it one of the best exercises for all ages. T'ai Chi:

- **Reduces Stress & Anxiety:**
 - Its meditative, flowing movements promote relaxation, lower stress hormones, and can alleviate symptoms of depression, bringing a sense of calm.
- **Improves Balance & Prevents Falls:**
 - In T'ai Chi, power and stability come from structural alignment with the ground, therefore Tai chi strengthens legs and improves proprioception (body awareness), significantly reducing the risk of falls, especially in older adults.
- **Increases Strength & Flexibility:**
 - The slow, controlled movements build muscle strength in the core, back, and limbs while gently improving range of motion.
- **Boosts Heart Health:**
 - Tai chi can help lower blood pressure and support overall cardiovascular fitness.
- **Sharpens the Mind & Mood:**
 - It can enhance cognitive function, improve focus, and promote positive feelings, combating age-related cognitive decline and boosting mood.

T'ai Chi is an exercise that gives you more energy than it uses up, so after a round of T'ai Chi you will feel relaxed and invigorated, and ultimately, a heightened sense of well-being.

The T'ai Chi class will take you through a series of warm-ups, stretches, postures, breathing techniques, and walking and hand movements that are combined into a graceful flow of techniques. After just a few lessons you will feel the benefits of this ancient practice. With continuous practice you will see how much calmer and more fit you feel.

**CLASSES BEGIN THE FIRST WEEK OF FEBRUARY
TUESDAYS AND FRIDAYS 8:15 – 9:15 AM**