

T'AI CHI CHIH

A MOVING MEDITATION

Regular Practice of T'ai Chi Chih promotes the following health benefits:

1. Improves circulation in the whole body, especially in hands and feet.
2. Promotes relaxation response and decreases muscular tensions held in the body (reduces stress).
3. Aligns the spine and promotes good posture.
4. Dries up excess water in the body.
5. Massages the internal organs (heart, lungs, kidney, liver, spleen).
6. Has been known to lower blood pressure.
7. Improves balance.
8. Increases kinesthetic awareness of space.
9. Promotes healing.
10. Promotes flexibility.
11. Promotes regulated breathing.
12. Stimulates digestion/elimination process.
13. Improves coordination of upper/lower body, and right/left sides.
14. Promotes regulated breathing.
15. Beneficial for pregnant women/fetus.
16. Stimulates heightened awareness and clarity of mind.
17. Promotes increase energy and creativity.
18. Teaches serenity and attunement.