

Tai Chi for Health Class Descriptions

The BodyZone North, 6991 Hillsdale Court, Indianapolis, IN

Contact Christine Bhe, Certified Tai Chi Instructor for more information
317-601-0206 or go to www.taichowellbeing.com

Tai Chi for Health Part 1

Tai Chi for Health Part 1 combines the gentle, slow movements of Sun Style Tai Chi to strengthen muscles and bones, improve coordination and balance, and sharpen mental focus. In part 1, core and extension movements are linked together in a continuous flow to provide the foundation for more challenging movements in part 2. It is suitable for anyone who can stand and walk without assistance for approximately 30 minutes. Each class begins with stress-reducing breath work and a series of full body warm-ups before proceeding to the low-impact Tai Chi form instruction. Designed by Dr. Paul Lam, a family physician and Director of the Tai Chi for Health Institute, a team of medical experts and Tai Chi masters, this program is safe, easy to learn, and effective. This course was developed in collaboration with the Arthritis Foundation and has been shown in medical studies to relieve pain, reduce falls and improve the quality of life for participants.

Tai Chi for Health Part 2

Tai Chi for Health Part 2 is open to those who have completed Tai Chi for Health Part 1. It provides a more challenging course with additional movements that enhance coordination and balance, strength, stamina and mental focus. Each class begins with stress-reducing breath work and a series of full body warm-ups before proceeding to the low-impact Tai Chi form instruction. Designed by Dr. Paul Lam, a family physician and Director of the Tai Chi for Health Institute, a team of medical experts and Tai Chi masters, this program is safe, easy to learn, and effective.

Tai Chi for Health Part 3

Tai Chi for Health Part 3 is open to those who have completed Tai Chi for Health Parts 1 & 2. This class advances students with Dr. Lam's Tai Chi for Health forms. Additional Qigong and Yang Style Tai Chi movements are taught which increase student's mental focus, strength, balance and stamina.

Tai Chi for Health Practice Group

The Tai Chi Practice Group is open to those who have completed Tai Chi for Health Parts 1, 2 & 3. This advanced group practices Dr. Lam's Tai Chi for Health forms and a variety of Qigong in a quiet meditative setting with focus on the depth of movements, the principles of Tai Chi, breath work, intention and flow.