

Tai Chi Class Descriptions

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TaijiFit

TaijiFit is a mind/body exercise that combines the best of traditional Taiji (Tai Chi) and Qigong with modern Western fitness. It is a workout appropriate for any age or fitness level and has you experiencing the FLOW of Taiji whether it's your first class or 100th. There are no routines to learn or forms to remember. Instead, class members follow Christine in a method known as "Qi Cueing" designed by David-Dorian Ross to bring your muscular, cardiovascular, and nervous systems into perfect synergy along with your mind and spirit. TaijiFit is more than just an exercise, it is moving meditation. Enjoy this energizing low-impact workout with a smile while improving your health and well-being.

Seated TaijiFit

Similar to original TaijiFit (see above) with the class guided from a seated position. This allows for more focus on the internal aspects of the movements, breath, and qi or energy cultivation. There are no routines to learn or forms to remember, just follow Christine in a series of gentle, easy stretches and mind/body exercises that will leave you feeling energized, connected, and centered.

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 Qigong 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 Qigong 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.