

What is T'ai Chi and Chi Kung?

T'ai Chi and Chi Kung (Qi gong) originated in China - as a martial art. Now we practice it as an exercise for better health.



Chi Kung (Qigong) - breathing exercises to slow down your breathing, relax your body, loosen your muscles, switch off for a while. The exercises can be done sitting or standing.

T'ai Chi – slow, flowing movements that develop balance, strength, flexibility, focus and includes some of the breathing exercises from Chi Kung.

How does T'ai Chi and Chi Kung work?

T'ai Chi and Chi Kung are suitable for almost anyone. Scientific studies continue to show the benefits for people interested in improving their flexibility, balance, strength, posture and breathing. It helps support and protect joints. The flexibility helps you to move easier. The fitness improves circulation and function of heart, lungs and muscles. Chi moves through your body helping to maintain good health.

Any Drawbacks?

If you have existing health problems or are in poor physical condition you should consult your health practitioner before commencing the program. Care must be taken when starting any new set of exercises.

Tai Chi isn't magic - it takes some effort. Like any new skill you have to be prepared to work at it. Like learning an instrument, little by little you get the hang of it.

Bonuses

- ◆ Let go of tension as you build strength, flexibility and balance.
- ◆ Don't need equipment, just enough space to stand or sit, sunshine is a bonus!
- ◆ You can do it by yourself or with a group, anywhere you have room to stand or sit.
- ◆ The best way to understand T'ai Chi is to feel it – start, keep going! Stop if it hurts.
- ◆ As we age, we need to keep moving – move it don't lose it.

Classes

Senior Citizens Hall 6 Parker Ave Strathabyn

1 hour sessions

Tuesday 7pm 8pm

Wednesday 10am 1pm Milang/ Clayton Bay 1pm

Sat 8am 9am

Wear comfortable clothing for moving – you know what works for your body. Personalized sessions available.



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