



Tai Chi

WHY IT'S BENEFICIAL

Originally a Chinese martial art, today Tai Chi is mainly practiced as a form of meditative, low-impact exercise, characterized by slow, circular movements, stretching, and balance positions. Studies have shown the following benefits of a regular Tai Chi practice:

- Reduced stress and anxiety
- Sharper mental focus and better sleep quality
- Improved circulation with lower blood pressure and blood glucose levels
- Better balance and muscular endurance
- Increased breathing capacity and breath control
- Improved functioning of the digestive system thereby strengthening the immune system

HOW IT WORKS

Tai Chi focuses on the correct posture, relaxed movements, balance, deep breathing, and energetic awareness. Participants will be led through several different short routines that are appropriate for both beginners and more experienced students.

