

TAI CHI

at LIFE ACTIVITIES CLUB, BELMONT

TUESDAYS 9:15a.m. to 10:15a.m.

- 1: Tai Chi for Health and Fall Prevention
- 2: Tai Chi Qigong, Shibashi sets 1&2
- 3: Tai Chi 24 Forms (Yang Style)

Tai Chi for Health and Fall Prevention

- A: Enhances balance, improves memory
- B: Help to improve their Health
- C: Helps with Tranquility and Inner Balance
- D: Helps with improving Hand/Eye Skills and co-ordination
- E: Complements other physical activities, walking, balance included

Tai Chi Qigong, Shibashi sets 1&2 Mind Body Exercise and Meditation

- A: Improves diaphragmic breathing
- B: Improves posture and exercises Inner Core muscles
- C: Exercises that co-ordinates movement with breathing