

## What is Tai Chi and Chi Kung?

Tai 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 is suitable for almost anyone, scientific studies continue to show it's benefits and people interested in improving their flexibility, balance, strength, posture and fitness find it brilliant.

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.

## Bonuses

- ◆ Relaxing way to build strength, flexibility and balance.
- ◆ Don't need any equipment, just enough space to stand or sit and a little 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 Tai 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.

Ask Jen any questions or if you want more information.

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## Classes

Senior Citizens Hall 6 Parker Ave  
1 hour sessions Monday 7pm 8pm  
Tuesday 7pm  
Wednesday 10am  
Sat 8am 9am



Wear comfortable clothing for moving – you know what works for your body.  
Remember Relax, Relax Relax