

2018

Tai Chi for Health and Balance
presents the popular Tai Chi 24 Yang
forms

Section 1 begins Monday, April 9th at 11 AM

Section 2 begins Monday, May 14th at 11 AM

Section 3 begins Monday July 23rd at 11am

Section 4 begins September 10th at 11am

at the Center for Spiritual Living, 1905 Hartnell Avenue, Redding

Discover the Power of Tai Chi
Experience “Meditation in Motion”
Enjoy mindful breathing and movement
Create effortless, powerful and balanced movement with Chris Netto



Practicing mindfulness with Tai Chi is a creative option to increase movement in your life for the young and the young at heart while building community around a shared interest. It is a fun and interesting set of exercises to help reduce stress, calm the monkey mind while restoring flexibility, strength, coordination and balance. These one-hour classes will rotate through each of the four sections of the yang style form in 6 or 8-week intervals, which creates four entry points for new people.

Current entry level classes offer less complex exercises in a gentle, balanced and effective way, while still enjoying mindful movement and breathing to revitalize, renew, clear muscle tension and stress from the mind and body. Entry level programs are suitable for all ages and fitness levels. Join us anytime in a friendly and supportive environment.

Wednesday at 9:15 AM - Tai Chi for Health

Monday at 12:15 PM and Wednesday at 10:30am

Dr. Paul Lam's Tai Chi for Arthritis and Fall Prevention

Cost \$10 per class

For more information visit: www.standingfirmfitness.com

To register: Call Chris at 1-469-964-9369 or email chris@standingfirmfitness.com



How Tai Chi Works

No matter what forms of Tai Chi are practiced, if specific Tai Chi principles are incorporated, the result will be better balance and reduced falls.

Movement Control

Tai Chi movements are slow, smooth and continuous, helping to strengthen internal muscles, like the deep stabilizers that support and strengthen the spine. Additionally, Tai Chi practitioners move against a gentle resistance to build full muscular strength. Slow and smooth movements calm the mind, helping to reduce falls resulting from sudden movements that lead to significant blood pressure drop, especially in elder people taking medication that can cause a change of blood pressure.

Weight Transference

Tai Chi practitioners are mindful of transferring weight with each step, helping to improve mobility, coordination and balance. This, in addition to emphasis on upright and supple posture, further strengthens muscles.

Integration of Mind and Body

Tai Chi is an internal art, which stresses the integration—and balance—of mind and body. Tai Chi practitioners focus, calm their minds, and loosen and relax their joints and ligaments.

Extra Benefit: Reduction of the Burden of Chronic Conditions.

Investing in Tai Chi programs can have cost savings in other areas. As the practice of Tai Chi improves many aspects of health, it can also be an ideal preventive intervention. The U.S. National Institute of Health's National Center for Complementary and Alternative Medicine suggests that people practice Tai Chi for a variety of health-related purposes, such as:

- benefits associated with low-impact, weight-bearing, aerobic exercise
- improve physical condition, muscle strength, coordination, and flexibility
- improve balance and decrease the risk for falls, especially in elderly people
- ease pain and stiffness—for example, from osteoarthritis
- improve sleep
- overall wellness

A number of studies indicate that being confident results in less falls, since the fear of falling increases the risk of falling. Practicing a mind-body exercise, such as Tai Chi, builds confidence, thus alleviating the fear of falling. Instructors training for all of Dr. Lam's Tai Chi for Health programs understand these principles and work with participants to incorporate them into daily applications.

The largest study about the practice of Tai Chi by people with arthritis, published in the *Arthritis Care and Research Journal*, found that the Tai Chi for Arthritis program not only reduced pain, but also improved the quality of life. It has also been found to improve standing balance for people with strokes as well as six out of eight measurements of quality of life for older adults. A recent study to be published in the *Journal of Alternative and Complementary Medicine*, followed eighty-two older women, who were divided into either a Tai Chi or control group. After six months, those practicing Tai Chi significantly increased knee extensor endurance and bone mineral density and had less fear of falling than the control group.

For more information on forming new classes, find a class or private instruction call mobile 469-964-9369 or email chris@standingfirmfitness.com