



7 Amazing Reasons to Start Doing Tai Chi Today!

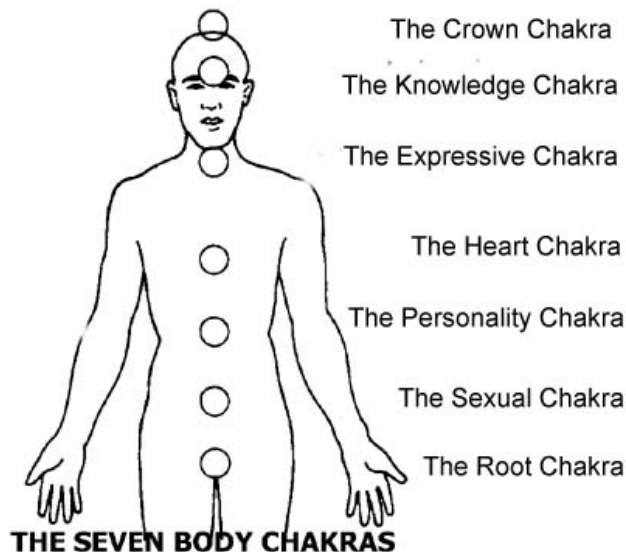
The ancient Chinese practice of tai chi is becoming widely recognized as one of the most powerful ways to improve both physical and mental health. Try ***Introduction to Tai Chi*** today and help your health with:

- **Better Balance:** Studies show older adults who did tai chi one to three times a week were **43% less likely to fall**, and they *cut their risk of injury in half!*
- **Pain Relief:** Tai chi offers significant relief from back, neck, arthritis, and fibromyalgia pain
- **A Sharper Mind:** It's shown to help reduce age-related cognitive decline ... and even slow dementia!
- **Better Heart Health:** Tai chi may reduce your chances of developing heart disease — even if you have risk factors
- **Improved Mood:** In 82% of studies, tai chi greatly improved mood and lowered anxiety. It's also an effective treatment for depression
- **Less Stress:** Learn the secret to taking deep, calming breaths and reduce anxiety and depression
- **And so much more!**

Practice activating and alignment Chakra meditation adds to the benefits of the Tai Chi experience.

Tai Chi/qigong facilitate circulating your energy through your chakras. Chakras are a common concept in several disciplines of alternative medicine and traditional Oriental medicine. A chakra is a center of energy which has several functions. The word chakra is a Sanskrit word that means wheel. From a side view, a chakra looks like a cone with its point plugging into your spine to receive energy, and its opening about four inches from your body.

Your style of running energy through these centers expresses your personality. This, in turn, determines how you survive, feel, respond, love, communicate, understand, perceive, trust, and create.



Compiled for tai chi for health, balance and well-being.
cnetto@standingfirmfitness.com