

# Tai Chi for Health Balance and Wellness!

2020 Schedule



Experience "Movement as Medicine, Feel the Power of Tai Chi, move in an integrated, relaxed and balanced way"

with

Chris Netto, a certified Tai Chi for Health instructor with 12 years of teaching experience

Featuring

Dr. Paul Lam's Tai Chi for Health programming  
and

18 Posture Tai Chi/qigong

no experience necessary

two class locations

*The Center for Spiritual Living (CSL) is located at 1905 Hartnell, Redding Ca.  
Mystic Hearts center is located at 3609 Suite H Bechelli Lane, Redding Ca*

- **NEW 10 SESSION SERIES to start on Tuesday February 4th through April 7<sup>th</sup> at 9:15am**  
**Tai Chi for Health and Balance Series.** This group explores the essential principles of Tai Chi through the practice of Shibashi known as 18 Posture Tai Chi Qigong developed by Professor Lin Houshen and Master, He Weiqi at the Shanghi Hospital in 1979. The classes will include Tai Chi/Qigong exercise movements from Dr. Paul Lam's Tai Chi for Health series will be introduced to improve health and wellbeing. Space limited and advanced registration is required. *Mystic heart location.*

**BALANCE THE TAI CHI WAY, an ongoing class (CSL) join anytime.**  
**Wednesdays at 10:30am.**

- This easy on the joints, low to moderate intensity program blends both traditional balance and specific Tai Chi exercises to promote balance, flexibility, agility, confidence, and strengthen muscles while improving overall health and wellbeing. Whether you participate sitting or standing through all or some of the program's exercises you can enjoy the gift of movement on your balance and on your health in a fun, gentle, supportive and friendly environment at your own pace. No experience necessary.

- **TAI CHI FOR HEALTH AND BALANCE an ongoing class (CSL), join anytime on Monday at 11:00am** In this class you will explore the essential principles to the practice of Tia chi. Learn 18 Posture Tai Chi/Qigong and Dr. Paul Lam's TCA program parts one and two including his warmup routine, plus learn tips on balance. This class is for people of all ages who want a safe, effective and fun way to exercise the mind body and spirit into balance, with or without arthritis or other health conditions. TCA is recognized by Center for Disease Control (CDC) and the Administration on Aging as one of the best evidenced based programs for health promotion and disease prevention, as well as, endorsed by the Arthritis Foundation.
- **TAI CHI FOR HEALTH AND BALANCE an ongoing class (CSL), join any time Wednesday at 9:15am.** This is the same as the 11am class with the exception of learning Dr. Paul Lam's Tai Chi for Diabetes set. There is an opening mediation, learning the essential principles of Tai Chi practice through the practice of Shibashi known as 18 Posture Tai Chi qigong developed by Professor Lin Houshen and Master and He Weiqi at the Shanghi Hospital in 1979. These easy to learn sets include Yang and Sun style movements. This is an ongoing group for all ages with or without diabetes.

*All Tai Chi classes meditation for breath and posture awareness plus the chakra activation and alignment to enhance the flow of Qi.*

Whichever class you choose, enjoy the many health, wellness and balance benefits associated with the practice of Tai Chi, a soft internal form of Qigong, an ancient Chinese health care system, that integrates physical postures, breathing techniques and focused intention making it unique from traditional exercise programs, in a gentle, relaxed and friendly environment.



Member of  
Tai Chi for Health Community

Qi Blessings from Chris Netto

[Discussion of Essential Principles of Tai Chi / Qigong Applied](#)

Check the [Resources](#) page for further Tai Chi information