

Tai Chi Class

Saturdays

太極拳 (六)

*with emphasis on the development of coordination between breathing and body movement, mind-body harmony, and the internal energy (Chi)

What is Tai Chi?

Tai Chi is a Chinese traditional internal martial art and is composed of a series of gentle physical movements. By focusing on gentle movements, you will naturally and gradually develop deep breathing.

Is Tai Chi for me?

Tai Chi is generally safe for people of all ages and levels of fitness. Older adults may especially find Tai Chi appealing because the movements are low impact and put minimal stress on muscles and joints.

Benefits:

- ✓ Reduce stress and anxiety
- ✓ Improve balance and coordination
- ✓ Improve sleep quality
- ✓ Slow bone loss in women after menopause
- ✓ Lower blood pressure
- ✓ Improve cardiovascular fitness and immune system function
- ✓ Relieve chronic pain
- ✓ Improve everyday physical functioning

Instructor: Mr. Subo Liao with 20 years of experience

Dates: Every Saturday starting July 10th, 2010

Time: 9 am - 10am

Fee: \$80 for all 10 sessions (registration required)

Location: Fo Guang Shan St. Louis Buddhist Center
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