What is TAI CHI?

For centuries the Chinese have started their day practicing Tai Chi Chuan. Emphasizing relaxed and graceful movements, Tai Chi is a unique combination of physical activity, relaxation, meditation, breath control and increased qi flow - all of which have potential for a wide range of benefits. Its Physical motion emphasizes balance, coordination, flexibility, and aerobic exercise. The relaxation aspect provides a peaceful, meditative experience with benefits for health, reduced blood pressure, stress reduction and tension release. Integration of breathing provides for both the health benefit of focused breathing, and associated relaxation effects. The development of qi flow (our life force) gives us a healthy energy balance and general well-being, according to Traditional Chinese Medicine.

BENEFITS OF TAI CHI
- Increased Strength
- Increased Flexibility
- Improved Posture
- Enhanced Balance
- Induces Relaxation Response
- Aerobic Workout
- Increased Feeling of Well Being and Confidence
- Arthritic Improvements
- Shortened Post Surgical Recovery
- Decreased Stress/Post Traumatic Stress Disorder
- Athletic Performance Improvements

BENEFITS OF TAI CHI FOR OLDER ADULTS
- All of the above and…
- Can start or continue at any age
- Non-competitive
- Increased socialization
- Minimal to no cost
- Reduced risk for falls and fall incidence
- Reduced perceived risk for falls
- Decreased "Fear of Falling" - #1 concern of older adults
- Increased internal focus of control
- Increased concentration
- Improved balance
- Improved joint range of motion

“The weight bearing exercises of Tai Chi have the potential to stimulate bone growth & strengthen connective tissue.”

-Arthritis Today, July-August 2000

Lewis Paleias 502 W. 47 St, NYC 10036. 646-861-0181. www.cloudchi.com. e-mail: info@cloudchi.com
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