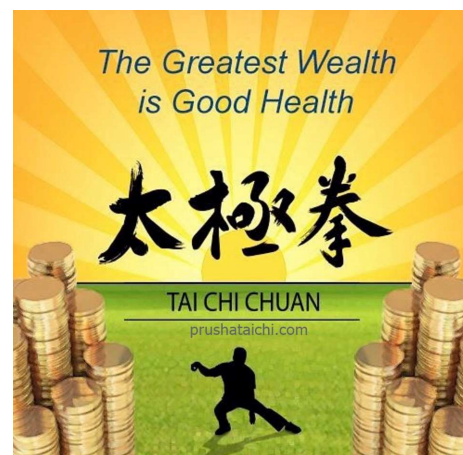




## What is Tai Chi?

Tai chi is an internal martial art that combines philosophy, martial arts, well-being and self-awareness. Considered “moving meditation”, tai chi requires focusing the mind and synchronizing the body with slow, controlled movements. This low-impact exercise, practiced with relaxed muscles, improves natural posture alignment, balance and internal energy.



## Why Learn Tai Chi?

Hour for hour, tai chi brings more benefits and enjoyment than most other exercises. It is an ancient art with great depth yet requiring no special equipment. People of any age or physical condition can gain increasingly better health and enjoyment. It is even fun and can be practiced alone or in a group.

What's more important, tai chi helps you to like yourself more, which, in turn, leads not only to better health, but also harmony within yourself and with others.

Tai chi is non competitive, non judgmental- a wonderful activity for all ages- making it an ideal way of socializing and sharing time.

Tai chi is based on nature. Its gentle flowing movements contain an inner power which strengthens the body and mind. Those who practice tai chi become like a tree or river, calm on the outside, but full of internal strength, more capable of withstanding whatever life may throw their way.

Scientific studies show that the practice of tai chi not only improves, but also prevents almost all chronic conditions including arthritis, heart disease and diabetes. In addition, it improves balance, immunity, and reduces stress. In fact, tai chi improves practically every aspect of health.

Today there are good reasons why tai chi is practiced in every corner of the world for health improvement.

## How to start my Tai Chi journey?

When you sign up to learn Ballet or Gymnastics for example, you do not expect to learn a choreographed routine right away. You first learn the basic posture and techniques, work



## Tai chi Lights Up Life

on body conditioning and flexibility. When you sign up to learn Tai Chi, it is no different. Learning the basics is important for any kind of sport or art. To start your Tai Chi journey, the ideal is to attend the Tai Chi Basics training course to learn the basics, and concurrently work on body conditioning and flexibility with unlimited Tai Chi Fitness and Qi Gong Health classes.

### The Tai Chi Basics training course includes:

- \* Postural alignment, body awareness and proper techniques to prevent injury
- \* Basic Tai Chi movements that are practiced at all levels
- \* Tai Chi principles, e.g. 6-elements, 5-bows, relax and sink, whole body elasticity, etc.
- \* Tai Chi Walk, Tai Chi Meditation & Qigong, etc.

You can join the Tai Chi Basics Training classes anytime. If you start in the middle of the term, you simply continue the classes into the next term until you have covered all the basics of the curriculum.

Tai chi | Qigong | Smile Meditation  
Group | Private Classes | *pay-as-you-feel*

Let's try to bring people together to create a warmer,  
more cohesive community and do whatever we can  
to help and include others

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**Sunrise Tai chi** Tue, Thu & Sat 6am  
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**Sunshine Tai chi** | Fri 9am  
Wed 4:30pm **Kung Fu & Mandarin for Kids**  
**at the Big Fig Tree in Lions Park**

Sun 9am **Vegetarian Cooking** Class  
under the large roof in Lions Park


**Rejuvenation & Detoxing Qigong**  
Mon 5:30pm | Online & Offline



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