

## **TAI CHI SIMPLE- A REVITALIZING AND EMPOWERING PRACTICE**

**Susan Gold Falkenstein, Instructor** with over ten years of experience practicing and teaching the longevity practices of Tai Chi and Qigong

**Mondays at 1:30 pm beginning October 23** – on the pavilion

**Introductory Class** on Sunday, October 15 at 11:30: an opportunity to learn more about Tai Chi - in Thomas Hall

Tai Chi Simple is based on the ancient Chinese health promotion practices of Tai Chi and Qigong. This class will help you become more supple and flexible so you can bend, twist and stretch free from pain.

You will learn a traditional practice done in China, called *ShiBashi*, *18 movements that cultivate mindfulness and awareness in movement*. We will practice both Levels 1 and 2 of ShiBashi.

Tai Chi Movements will help improve your balance and range of motion in tight areas like hips and lower back. Gentle breathing and stretching as well as tapping exercises will help boost your immune system.

**The movements are easy to follow and can also be done seated. No previous experience is needed. Folks in wheelchairs are welcome.** The goal is for you to take these movements and use them on a daily basis, like a mind/body toolbox, to support all the other activities you enjoy.

You will feel refreshed and calm and ready to take on the rest of your day.

Key health benefits include:

- Relief of chronic pain
- Stress reduction
- Improved sleep quality
- Improved cardiovascular fitness, including lower blood pressure
- Improved balance and coordination for falls prevention
- Cognitive capacity retention (brain plasticity)
- More energy