

Tai Chi

BodyFit: CFIT A-LA-CARTE SERVICES

Provider: Myron Dang, OTR/L

Tai Chi: Discover the Many Possible Health Benefits

The ancient art of Tai Chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve overall health!

About Tai Chi & Qigong

- ≈ Tai Chi: a martial art incorporating slow repetitive movements through forms viewed as meditation in motion. Each movement flows into the next ensuring constant low impact motion.
- ≈ Qigong: a meditative practice using postures with slow graceful movements & controlled breathing techniques to promote circulation of energy within the body.

Benefits of Tai Chi & Qigong

- ≈ Stress Reduction
- ≈ Improves and maintains range of motion of joints
- ≈ Maintains muscle mass
- ≈ Improves blood and oxygen circulation through meridian lines
- ≈ Increases and maintains flexibility
- ≈ Carries energy throughout the body
- ≈ Practices focusing on being "In the Moment"

~ Cost of Service ~

Group Sessions for CFIT Clients; Free

Group Sessions for non-CFIT members; \$ 10.00 Per Person