



# MEDITATION IN MOTION

## BEGINNING TAI CHI

Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai chi originated as an ancient martial art in China. Over the years, it has become more focused on health promotion and rehabilitation.

### BENEFITS OF TAI CHI

- Better Mental Health and Cognitive Function
- Enhanced Weight Loss
- Less Chronic Pain
- Reduction of Falls
- Reduction of Chronic Heart Failure
- Improvement in Cancer Survivorship
- Eased Effects of Arthritis
- Reduced High Blood Pressure
- Eased Effects of Diabetes



**Session 1: January 25 – March 14 (March 21 make up session)**

**Session 2: March 28 – May 16 (May 23 make up session)**

**YMCA Studio 2**

**Thursdays • 6:00–7:00 pm**

**Members: \$25 / Non-members: \$40**

Register Online or Call the YMCA.

For more information, contact Adam Sorum.