



# Standing Firm Fitness

A Proactive Approach to Aging

## BALANCE THE TAI CHI WAY

At Center for Spiritual Living 1905 Hartnell Redding Ca

10:30AM on Wednesdays

Begins January 8<sup>th</sup> 2020

New and continuing students welcome, and you may join at any time.

No experience necessary.

**Description:** In these classes you will practice a unique exercise routine geared to improving balance, posture, coordination and stamina while revitalizing and strengthening the body's systems important in balance and fall prevention. This easy on the joints, low to moderate intensity program blends both traditional balance and specific Tai Chi exercises, applying the essential Tai Chi principles used in Tai Chi/ Qigong practices to strengthen muscles and promote flexibility and agility, while improving overall health and well-being. Whether you participate sitting or standing through all or some of the exercises in the program enjoy the gift of movement on your balance and on your health in a fun, gentle and friendly environment at your own pace with Chris Netto a certified fitness professional with 23 years of experience in teaching adult fitness and Tai Chi/Qigong to a variety of individual of varying skill levels. Please visit her website [www.standingfirmfitness.com](http://www.standingfirmfitness.com), email to [chnetto@standingfirmfitness.com](mailto:chnetto@standingfirmfitness.com) or call 1+469-964-9369 for more information.

Ongoing Tuesday and Wednesday Tai Chi classes at Center for Spiritual Living

\$10 per class

Begins the week of January 6th

**Tai Chi class on Tuesday at 11:00am** will learn the full TCA program Parts one and two developed by Dr Paul Lam. It is a safe, effective and fun way to exercise your mind body and spirit into balance, for people of all ages, with or without arthritis or other health conditions. Plus 18 posture Tai Cho Qigong developed by Professor Lin Houshen and Master and He Weiqi at the Shanghi Hospital in 1979.

**Tai Chi class on Wednesday at 9:15am Tai Chi for Health and balance featuring** 18 posture Tai Cho Qigong developed by Professor Lin Houshen and Master and He Weiqi at the Shanghi Hospital in 1979 and Dr. Paul Lam's Tai Chi for Diabetes (TCD) program

Beginning Tai Chi for Health series coming to Mystic Heart Center 3609 Bechelli Lane

**Tai Chi for Health a 10- week series Tuesday 9:15am Begins February 4<sup>th</sup> through April 7<sup>th</sup>**

**Discover** essential principles of Tai Chi practice, Dr. Paul Lam's warmup and Tai Chi for Arthritis (TCA) program for health, plus 18 Posture Tai Chi/Qigong developed by Professor Lin Houshen and Master and He Weiqi at the Shanghi Hospital in 1979. Sign up early space is limited to 10 participants. Series price for all 10 classes is \$90. Drop in price is \$10



Member of  
Tai Chi for Health Community