

2021 SCHEDULE

Tai Chi for Health, Balance and Wellness!

Is Moving to Thursday

ZOOM ONLY PARTICIPATION



Experience "Movement as Medicine, Feel the Power of Tai Chi, move in an integrated, relaxed and balanced way"

with

Chris Netto, a certified Tai Chi for Health instructor with 15 years of teaching experience

Featuring

Tai Chi for Arthritis (TCA) Part 1 to refine and to learn
TCA Part 2

&

Parts of the Shibashi Tai Chi/qigong set will be included

New and returning students welcome

New day Thursdays March 11 through May 27 of 2021 on Thursdays at 10am on Zoom.
No class March 18th. zoom.us/signup

This zoom access only series, is an **11-class series** to refine previous learning of part 1 and to learn part 2 of Dr. Paul Lam's Tai Chi for Arthritis based on Sun Style, applying the essential principles of the practice to these exercises. It will include a breath and spinal alignment meditation, Dr. Paul Lam's warm-up routine and parts of the Shibashi Tai chi qigong set. Suitable for new and continuing students wishing to explore and practice this ancient practice of Tai Chi for health, balance and well-being.

Tai chi is an art and a discipline in slow, controlled powerful, continuous movement in a relaxed balanced way. It has also been called meditation in motion as well because of the essential principles to the practice requiring mindfulness, patience and persistence regardless of form you practice. It is wonderful mind body exercise program in which you discipline the mind to stay in the present moment experience, reduce stress and enhance your wellbeing and balance.

For more information or to register now email chris@standingfirmfitness.com

Visit website; <https://www.standingfirmfitness.com/resources.php>