

# 2021 SCHEDULE

## Tai Chi for Health, Balance and Wellness!

### 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

Includes the basic 6 exercises and 6 advanced basic exercises

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Parts of the Shibashi Tai Chi/qigong set

New and returning students welcome

**Begins January 12 through March 2<sup>nd</sup> of 2021 on Tuesdays at 10am on Zoom. [zoom.us/signup](https://zoom.us/signup)**

This zoom only access, is an 8-class to learn and practice Dr. Paul Lam's Tai Chi for Arthritis Part (TCA) 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 for health 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. 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](mailto:chris@standingfirmfitness.com)

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



Member of  
Tai Chi for Health Community

Blessings from Chris Netto