

HOSTED BY:
DUANESBURG AREA
COMMUNITY CENTER

Beginner's Tai Chi Class

The practice of Tai Chi triggers **health and healing benefits** from both the Asian paradigm of energy and the Western paradigm of physiology. The balance and flow of one's **internal self-healing energies** is enhanced by the slow, intent full, meditative movements of Tai Chi. At the very same time the delivery of oxygen and nutrition from the blood to the tissues is improved. The lymph system's ability to eliminate metabolic by-products and transport immune cells is increased. The biochemical profile of the brain and nervous system is shifted toward **recovery and healing**.

Tai Chi consists of separate movements that are connected together into a specific order, called a form. There are several kinds of Tai Chi including Yang Style, Sun Style, Wu Style and others. The form that we will be learning combines elements of Yang and Sun Styles into a short form that allows beginners to learn quickly. At the end of six weeks, you will have learned a short form that you'll be able to do independently. This form is suitable for seniors, beginners and for more a review for the advanced.

Duanesburg Area Community Center

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Presented by:

Pam Martin

Six Week Program
Tuesday's 5:15-6:15pm
3/30-5/11 (omitting 4/20)

Fee:

\$45 Member
\$65 Non-member

Please.....

Register in advance
at front desk with
payment to assure
placement

No Make-Ups
or Refunds

Need a minimum of
5 participants to run
class

Contact:

Dadams@dacc.info
518-895-9500X114