



# Tai Chi for Health

Calm Ease Balance Strength Relaxation



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# Tai Chi is gentle exercise that integrates body and mind by creating movement meditation and energy flow.

With regular practice you can empower your health to feel the long term benefits of optimum wellbeing. Tai Chi can help you:

- Relieve stress with mindful practice
- Develop muscle strength and endurance
- Increase internal energy flow
- Enhance breathing and postural awareness
- Improve balance and agility skills

Sessions include warm-up exercises, the principles of Tai Chi in movement meditation for calming the mind, strengthening the body, and learning simple Tai Chi forms.

## The smooth flowing movements can help soothe your pain and build your strength, balance, concentration and flexibility.

Tai Chi for Health uses a series of gentle flowing exercises that are suitable for people who have arthritis, balance issues, movement difficulties or decreased fitness levels.

There are a variety of courses delivered by Mandy Hogan, Physiotherapist and certified instructor for Tai Chi for Health Institute. These courses are suitable for all levels & for people with or without health conditions. Tai Chi is a great way to start your journey to better health. For Registrations: Ph 0409 577 940

**Venue:** North East Exercise Solutions, 74C Ovens St, Wangaratta, Vic 3677.

**Time:** Daytime and evening classes available. Classes run for one hour.

**Day:** Variable days of the week. Please contact us for details on the next program

**Course:** Courses offered vary in duration from 4 weeks to 8 weeks.

**Tai chi for Rehabilitation:** a shorter program & can be practiced in sitting or standing.

**Tai chi for Osteoporosis:** this program focuses on weight transference, strength & balance for falls prevention

**Tai Chi for Diabetes:** this program enhances energy & metabolic flow

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