

TAI CHI FOR BETTER BALANCE

7 Reasons people do Tai Chi & Qigong

1. It is a great slow-motion non-impact exercise
2. Helps to relax and release stress
3. Helps maintain and rehabilitate the joints, strengthening the legs, reinforcing healthy physical balance
4. Helps longevity by gently moving blood and lymphatic circulation
5. The underlying martial art can help reinforce internal power
6. Helps correct posture and breathing
7. Can help spiritually by being more present by connecting the mind and body.

Family Martial Arts Academy is expanding its Tai Chi/Qigong classes for 2019. There are two additional programs we are adding both taught by Jim Dalton, Certified Tai Chi For Better Balance Instructor.

Tai Chi For Better Balance Classes teaches from:

Shibachi 18 (Part 1 & 2)

Harvard Medical Studies which developed:

Traditional tai chi elements/Standing tai chi calisthenics/tai chi warm ups

Here are examples:

See:



From the Video by the Harvard Medical School on Tai Chi
<https://www.youtube.com/watch?v=PqxNQmdcp1w&t=953s>



From the video on the Shibachi 18 tai chi qigong movements

<https://www.youtube.com/watch?v=aAwBJ9MO91I&t=1s>

CLASSES HELD AT FMAA 8618 SW HALL BLVD. BEAVERTON, OR 97008

1. Starting Tuesdays and Thursdays for 8 weeks, **16 classes** from 10:00am to 10:45 am. **COST \$79**
2. Intensive INTRODUCTORY 3-hour sessions on Saturdays January 12th and January 19th from 2:00pm to 5:00pm.
COST \$10 each session