

What is Tai Chi?

At its heart, Tai Chi is a martial art. However, it also provides health and sprititual benefits.

Movements are performed slowly and gracefully, allowing the student to experience the flow of Qi (Chi) throughout the body, relaxing and healing the body and calming the mind. This is one of the reasons Tai Chi is sometimes refered to as a "moving meditation."

Tai Chi is suitable for men and women of all ages.



What is Qigong?

Qigong is a five thousand-year-old traditional form of Chinese energy exercise and healing for the body, mind, and spirit.

Qi or Chi is the natural energy in a person's body. Over time a person's Qi can stagnate or dissipate due to stress, aging, and other factors. When this happens one becomes more susceptible to disease. When this energy is rebalanced, health is restored.

During Qigong practice, specific excercises are performed to open the Qi channels, remove blockages and to cultivate or store Qi in the body.

Eventually, the student learns how to lead or direct Qi to specific areas of the body, balancing the yin and yang energies and keeping the body in harmony.



Why Do I Care?

- *Great for stress and relaxation.*
- *Boosts the immune system.*
- *Promotes longevity by slowing the aging process.*
- *Lowers blood pressure.*
- *Reduces the incidences of anxiety, depression and overall mood disturbances.*
- *Has been known to relieve or remove the effects of asthma, arthritis, and cancer.*
- *Great for one's health and well-being.*