

Class Outline

Tai Chi

Sun City West Yoga Club

Class Introduction

The purpose of this class is to:

- Relax the body through gentle exercise, gain flexibility and muscle tone
- Learn ways to have better balance and use your core muscles for better leverage
- Learn Tai Chi, a slow version of Chinese martial arts, with the intent of coordinating body, breath, and mind
- Have fun

Targeted Level

- | | |
|--|--|
| <input checked="" type="checkbox"/> All Levels | <input type="checkbox"/> Novice |
| <input type="checkbox"/> Beginner | <input type="checkbox"/> Beginner / Intermediate |
| <input type="checkbox"/> Intermediate | <input type="checkbox"/> Intermediate / Advanced |
| <input type="checkbox"/> Advanced | <input type="checkbox"/> Other (describe): |

Student Prerequisites

- The class is done standing up, you should be able to stand for an hour. Chairs can be provided as support if necessary
- Wear comfortable clothing that allows you to stretch and bend, and flat soled shoes. Barefoot or in socks is acceptable if not too slippery. No flip flops.
- No equipment is needed.

Topics Covered in this Class

The form taught is a mix of Yang and Wudang styles, using forms that will be familiar to anyone having previously done the Yang style of Tai Chi. A little theory of traditional Chinese medicine and energy movement is blended with the physical movement to understand its purpose.

Classroom Methodology

Tai Chi is a series of movements called forms, done in sequence, which help people to achieve better balance in movement and in their lives. The movements are somewhat modified to make it easier to learn and move comfortably.

Participants report feeling more relaxed after class, experience better sleep patterns, reduced blood pressure, and possessing more flexibility and stamina.