

Movement Arts Institute

MovementArtsInstitute.Com



Activities Coordinator:

Thank you for your interest in a tai chi program. Tai chi is meditation in motion and a proven path to better health. It is the world's most popular martial art largely because of its rehabilitative qualities. Tai chi is known for improving balance, muscles and joints, circulation and co-ordination. Studies have shown it to be effective in reducing stress, reducing arthritis pain, lowering blood pressure and delaying cardio respiratory decline. All of which are important factors in improving quality of life and longevity. Please see "Tai Chi Benefits" for more information.

Our program is run on 8-week cycles at a variety of locations. This program places more emphasis on learning routines than our other programs. Students should dress in work out clothes and bring water. Minimum age for enrollment is 16 yrs old - exceptions are made with prior approval.

A typical session would include:

- Gentle warm-up exercises and limbering
- Qigong – meditative exercises for improving joints, circulation, and the immune system
- Practice of the routine – the first routine taught is a simple to learn 10 posture routine
- Wrap-up discussion

Level 1:

Students will learn meditative exercises, Tai Chi fundamentals and an easy to learn 10-posture routine. The gentle, low-impact exercises yield substantial results making it suitable for all fitness levels from those beginning a fitness program to those looking for a physical challenge.

Level 2:

Continue your study of Tai Chi. A strength and flexibility component is added to the studies increasing the physical challenge and level of work out. Students will learn also learn new routines and additional Tai Chi skills. Students must have completed Tai Chi Level I.

At your convenience please take time to read the included information. Additional information can be found on our website – MovementArtsInstitute.Com.

Do not hesitate to call with questions. I look forward to discussing the details of our program with you.

Thank you,

Andrew Baker