

Movement Arts Institute

MovementArtsInstitute.Com



Activities Coordinator:

Thank you for your interest in a tai chi program. Tai chi 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 falls, reducing arthritis pain, lowering blood pressure and delaying cardio respiratory decline. All of which are important factors in improving the quality of life for seniors. Please see "Tai Chi Benefits" for more information.

Our program is an on going programming that utilizes basic skills and easy to learn combinations to bring the benefits of tai chi to your senior clients. The program can be tailored to suit the needs of your clients and your facility. Cost of the program is \$45/session with 45 minutes of instructional time and 15 minutes of prep and wrap up.

A typical session would include:

- Gentle warm-up exercises and limbering
- Qigong – meditative exercises for improving joints, circulation, and the immune system
- Tai Chi – Fundamental exercises and short routines
- Wrap-up discussion
- Qigong Self Massage

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