Tai Chi for Health

What is Tai Chi?
Tai Chi is a healthy exercise. People of all ages can participate. You can practice Tai Chi anywhere.

What do you do in the class?
The class is structured in 3 parts;

1. Warm-up exercise. The focus is on the major joints, namely shoulder joint, the hip, the knee, the wrist and the small joints of the hand and fingers. Healthy joints are vital to our mobility. It is the best way to prevent arthritis.
2. Breathing exercise. The abdominal breathing exercise will boost internal energy flow in the body. It will improve blood circulation. The abdominal breathing technique helps calming the mind for relaxation.
3. Sun Style Tai Chi forms. The simplified Sun Style Tai Chi forms will be introduced to the class. The focus is on synchronizing the movements with abdominal breathing. Tai Chi practitioner will develop strong muscle and bones, improved flexibility and balance.

If you would like to be healthier and feeling better, join the class at 12:10 PM every Tuesday. It is located at Service Building room 3101 and it is free.

Instructor: Norman Lam is a Certified Tai Chi instructor.