

Tai Chi

Class for Beginners

Tuesday: 6:35 pm – 7:05 pm

Thursday: 6:35 pm – 7:05 pm

Tehama Family Fitness Center

Red Bluff, CA 530-528-8656

Adults of all ages and at all levels of fitness can benefit from learning the ancient Tai Chi exercise methods from China. Regular Tai Chi practice helps you to improve your balance, confidence, coordination, leg strength, concentration, and sense of well-being. Tai Chi is effective in reducing stress, encouraging gracefulness, improving sensitivity, increasing vitality, calming the mind, and in providing many proven health benefits as a lifetime practice. Our reference book for this class will be “The Harvard Medical School Guide to Tai Chi” by Peter Wayne, PhD, 2013.

Beginning Tai Chi students will learn the Standard Simplified 24 Movement Yang Style Tai Chi Form. This is the most popular Tai Chi form practiced around the world today because it is easy to learn, fun, and beautiful. The friendly instruction will be supported with printed handouts to help beginning students start and continue their study and practice of Tai Chi. Students will be gradually introduced to the principles and benefits of a regular Tai Chi practice. Intermediate Tai Chi students will learn and practice from 7:05 pm to 7:35 pm on the same days.

The instructor, Mike Garofalo, has practiced and studied Tai Chi since 1986, and has taught Tai Chi since 2000.

Visit Mike’s popular *Cloud Hands* website for more information:

<http://www.egreenway.com/tcc.htm>.