

Tai Chi for Diabetes

Tai Chi for Diabetes is a useful exercise and stress reduction program developed in 1999 by Paul Lam, M.D., a family physician in Sydney for 26 years, and an internationally respected Tai Chi Chuan master, teacher, and competitor. Dr. Lam has worked with medical and Tai Chi experts to produce several Tai Chi programs to help people improve their health and lifestyles. The Tai Chi for Diabetes program is supported by the Diabetes Australia Association.

Dr. Lam used his expertise in both the Yang and Sun styles of Tai Chi Chuan, his knowledge of traditional Chinese healing and energy development (Qigong) practices, and his professional background in Western medicine to create this beneficial Tai Chi exercise program for diabetics. This specially designed Tai Chi program includes gentle warm-up exercises, qigong exercises, an 11 movement Tai Chi for Diabetes basic form, a 19 movement Tai Chi for Diabetes advanced form, and cool down exercises. An excellent instructional videotape is available to support this health improvement program.

Tai Chi Chuan is a gentle exercise program proven to strengthen leg muscles, improve balance and flexibility, provide relaxation, improve stamina, and enhance blood circulation. The daily practice of Tai Chi Chuan is known worldwide as a practical method for reducing stress, developing skills in self-defense, improving will power, and for lifting one's spirits. Tai Chi Chuan incorporates many techniques from traditional Chinese medicine for improving the balance and flow of one's life energy (Qi) in the acupuncture meridians (energy channels) of the body; and for restoring vitality. Tai Chi Chuan principles are grounded in the ancient wisdom of Chinese philosophy.

Tai Chi for Diabetes, Level 1, is an introductory 8 hour course. Informative handouts will be provided to students. A large website supports supplementary reading and research. This class will provide the foundation skills for a lifetime of health enhancing Tai Chi practices that will help diabetics (Type 2 and Type 1), as well as border-line diabetics, take constructive action to improve their health and reduce the impact of this serious disease.

The instructor for the Tai Chi for Diabetes, Level 1, Introductory Class is Michael P. Garofalo, M.S.. He received a Tai Chi for Diabetes Instructor's Certificate from Dr. Paul Lam. Mr. Garofalo began his study of Tai Chi Chuan in 1986, and is now a Yang style Tai Chi Chuan teacher. He publishes an extensive Taijiquan and Qigong website – Cloud Hands: <http://www.egreenway.com/taichichuan/index.htm>.

Tai Chi for Diabetes Introductory Class
Date, Time, Location