

Tai Chi

A Gentle Practice Integrating Physical & Mental Well-Being



Tai Chi is described by the Harvard Medical School as “meditation in motion,” due to its many health and well-being benefits for individuals of all ages and abilities.

Tai Chi is a low-impact physical and mental practice that consists of slow, circular movements. Meant to be practiced regularly to receive its full benefits, tai chi can be easily adapted to meet your unique mobility and fitness needs.

Regular tai chi practice has been shown to improve balance, cognitive functioning, blood pressure, and even alleviate arthritic pain. Its mental health benefits include stress reduction and improved concentration.



Meet our Instructor

Chris Pierce

Instructor Chris Pierce is certified in Tai-Chi for arthritis and falls prevention

PROGRAM DETAILS

- **Introductory Tai Chi***
Mondays 11:30am-12:30pm
Class Price: FREE
- **Tai Chi for Beginners**
Tuesdays & Thursdays 11:30am-12:30pm
Class Price: \$5 per class session
- Held in person at the Trager Institute and Virtually
- Equipment needed:
 - Comfortable clothes
 - Approx. 6ft of clear space
 - A chair or something to help with balance (optional)
 - A notebook and pen to take notes (optional)

HOW TO REGISTER



To learn more or register for a class, call (502) 588-0433, scan the QR code, or visit our website:

www.tragerinstitute.org/tai-chi