Tai Chi for All Generations

at

Ascension Lutheran Church
95 Allen Road
South Burlington
(802) 862-8866

Every Wednesday

4:30-5:30 p.m.

Come to “play” tai chi with others.
Take home to practice on your own,
or with friends and family.

Good for everyone.
Best when shared.

Classes are on-going.
Drop-ins welcome.

Suggested donation:
$10/individual
$12/families (no matter the size)

Tai Chi for All Generations is based on Dr. Paul Lam’s **Tai Chi for Health** program which is supported by health professionals worldwide. Dr. Lam is a family physician in Australia and an internationally recognized Tai Chi master. The program is easy to learn, safe, and effective. With practice, it can become an enjoyable exercise for a lifetime.

For more information go to:
[www.taichiproductions.com](http://www.taichiproductions.com)

Classes at Ascension are led by Elizabeth Wirls and Pamela Brady. Both are long-time practitioners and certified instructors of Qigong and Tai Chi for Health.
Tai Chi at Ascension

What is Tai Chi?
Tai Chi originated in ancient China and is practiced for its health benefits throughout the world by people of all ages. Slow, gentle and relaxed movements are combined with focused, deep breathing. It can be done standing or sitting by just about anyone in any location.

Why Tai Chi for Health?
Exercise is an important part of self-care to enhance well-being and the body’s ability to adapt. Without regular exercise, joints become stiff and painful, muscles and bones weaken, stamina diminishes, circulation slows and you have less energy.

Scientific studies have shown that Tai Chi is a safe and effective exercise that improves strength, flexibility, balance, and stamina.

Tai Chi is known for its many health benefits for both body and mind and promotes an overall sense of well-being, vitality and inner calm.

Tai Chi’s gentle flowing movements encourage the body to let go of any stress or tensions: balance and flexibility improves, joints/ligaments and muscles are strengthened, blood circulates more freely and the mind and spirit become clear and full.

Tai chi promotes social support and a friendly spirit among practitioners of all ages and physical ability!