



WAVERLEY OAKS  
ATHLETIC CLUB

# TAI CHI

## FOR HEALTH

6 SESSION PROGRAM

FRIDAYS

JANUARY 10, 17, 24

FEBRUARY 7, 14, 21

(INTRO LEVEL 1)

12:00PM – 1:00PM

(LEVEL 2)

11:00AM – 12:00PM

\$185 Members | \$235 Guests

space is limited, registration required

Enjoy this series of Tai Chi, building

This New Year, embrace the opportunity to cultivate balance, strength, and peace within yourself. Tai Chi isn't just a resolution; it's a lifestyle change that will empower you every day. Let this year be the one where you find harmony, wellness, and a deeper connection to your body and mind. Start your Tai Chi journey today—small steps can lead to incredible transformations!



## LEARN A SHORT SEQUENCE | BENEFITS

- Decreased stress, anxiety and depression
- Improved mood
- Improved aerobic capacity
- Increased energy and stamina
- Improved flexibility, balance and agility
- Improved muscle strength and definition
- Enhance quality of sleep
- Enhance the immune system
- Help lower blood pressure
- Improve joint pain
- Improve overall well-being
- Reduce risk of falls in older adults
- Improve symptoms of congestive heart failure

## JAMEE CULBERTSON

Jamee is a Senior Instructor at the Universal Tao Boston, School of Taoist Practices. For over 20 years Jamee has taught classes and workshops in Tai Chi, Qigong and ancient meditation techniques. Jamee is an Internationally Certified Alexander Technique Instructor and teacher-trainer offering lessons in the Boston area for the past 30 years. Formally of **The Mount Auburn Club.**



**MORE INFO CONTACT : HEATHERH@WAVERLEYOAKS.COM**



# TAI CHI

## FOR HEALTH

### TAI CHI FOR HEALTH

**The purpose of Tai Chi for Health is to help students experience more harmony and balance in their lives. This occurs in both body and mind. Tai Chi is one of the most gentle of exercises that also provides an increase in energy. Tai Chi affects all systems of the body, physically, emotionally and spiritually. As a weight bearing exercise it can strengthen bones. Tai Chi brings us in touch with our natural essence connected with nature. Come and improve coordination, improve balance and sharpen your mental focus.**

### WHAT IS TAI CHI?

Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai Chi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Tai Chi has many different styles. Each style may subtly emphasize various tai chi principles and methods. There are variations within each style. Some styles may focus on health or maintenance, while others focus on the martial arts aspect of tai chi.

Tai Chi is different from yoga, another type of meditative movement. Yoga includes various physical postures and breathing techniques, along with meditation.

### WHO CAN DO TAI CHI?

Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because Tai Chi is a low-impact exercise, it may be especially suitable if you're an older adult who otherwise may not exercise. You may also find Tai Chi appealing because it requires no special equipment. You can do Tai Chi anywhere, including indoors or outside. And you can do Tai Chi alone or in a group class.

### HOW TO GET STARTED WITH TAI CHI:

Although you can rent or buy videos and books about Tai Chi, consider seeking guidance from a qualified Tai Chi instructor to gain the full benefits and learn proper techniques.

**REGISTER ON THE WAVERLEY OAKS APP, AT THE FRONT DESK, OR EMAIL [HEATHERH@WAVERLEYOAKS.COM](mailto:HEATHERH@WAVERLEYOAKS.COM)**

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