

## Southeast Family Center / Armed Services YMCA Tai Chi

Tai Chi originated in ancient China and is still practiced around the world as an effective exercise for health. Tai Chi from the Arthritis Foundation consists of gentle, fluid movements that are relaxed and slow tempo. Breathing is slowed, aiding visual and mental concentration. It can be practiced almost anywhere and is a suitable form of exercise for just about everyone. Tai Chi has been known for centuries to be an effective tool in managing arthritis and can improve muscular strength, flexibility, stamina, and balance.

<u>Day</u>	<u>Time</u>
Monday and Wednesday	11:00 – 12:00 Noon

Participants in the program will learn proper warm-up and cool-down exercises and a set of twelve movements. In addition, Qigong exercises will be taught, focusing on breathing integrated with movement and meditation. Each session runs for six weeks.

**Tai chi is progressive and requires registration at the Welcome Center prior to the first class.**

Limited to 12 participants

<u>Session</u>	<u>Class Level</u>	<u>Session Dates</u>
1005	Tai Chi I	May 10 – June 16, 2010
1007	Tai Chi II	July 5 – August 11, 2010
1008	Tai Chi I	August 16 – September 22, 2010
1009	Tai Chi II	September 27 – November 3, 2010
1011	Tai Chi I	November 8 – December 15, 2010

**\*\* Completion of Tai Chi I is required before registering for Tai chi II\*\***

Southeast Family Center / Armed Services YMCA  
2190 Jet Wing Drive  
Colorado Springs, CO 80916  
719-622-9622 or [www.ppymca.org](http://www.ppymca.org)

The YMCA is for everyone! The Y is more accessible than ever before. Inquire at the Welcome Center about the YMCA's new income-based rate scale.