



PHOENIX T'AI CHI CENTRE

519-439-8875

www.phoenixtaichi.ca

SPECIAL T'AI CHI CLASSES **Geared to Physical Health Problems**

Classes: Thursdays 1:00-2:00pm
Ongoing from September 9, 2010

Fee: \$40.00 for 8 classes

Place: Epiphany Memorial Hall
19A Holborn Ave at Briscoe St W, London ON
(1 block west of Wharncliffe, 2 blocks north of Emery)

PEOPLE WITH FIBROMYALGIA, ARTHRITIS, RHEUMATISM AND CHRONIC FATIGUE WILL FIND THESE CLASSES ESPECIALLY BENEFICIAL

Classes will consist of T'ai Chi and its related exercise Qigong (Chi Kung). Some sitting exercises and work with the T'ai Chi Ruler will also be taught. The movements are performed according to the physical ability of the student.

We will use some of the therapeutic exercises learned from Master Guo Yi of Beijing, China. They are being used in Beijing hospitals on a daily basis for recuperating patients and at the Master's clinic for people with chronic health conditions. Doctors in China and Doctors of Traditional Chinese Medicine in Canada and the USA recommend exercises like T'ai Chi and Qigong to increase patient's vital energy (Chi). They believe these exercises also improve the function of our internal organs and digestive system.

The continuous movements of T'ai Chi massage all joints, muscles and internal organs, strengthen the lower back and reduce stress. The uniqueness of the balancing incorporated into the moves has a relaxing effect. The focus while working with the T'ai Chi Ruler helps the student deal with pain. The arm movements, combined with deep breathing, stimulate the thymus gland which helps the immune system.

Visit our website at: www.phoenixtaichi.ca
or call: 519-439-8875