

Tai Chi is your #1 Source for your Self-Care Plan



Healthy aging and vitality is at the center of focus for the ancient art of Tai Chi. Enjoyed by millions around the world, it provides you with the formula for aging successfully:

- Whole body movement for balanced posture, strength, and flexibility
- Deep breathing and relaxation
- Connection and Community
- Body Awareness
- Clarity and Focus

For healthy and wellness, Tai Chi is a top recommendation because of its gentle, whole-body movements that relax the connective tissue in the body and release the stress signals that can hold the body tight. People with chronic illness often discover significant changes in:

- Deep sleep
- Better breathing
- Pain release
- Joint mobility
- Posture alignment
- Improved Balance
- Clarity of mind, and increased memory
- Improved digestion

- Circulation to fingers and toes
- Improved lymphatic flow and decreased swelling
- Heart health

Wine Country Tai Chi Society has a welcoming weekly program that creates a community for friendship, connection, and health revitalization. Their programs include:

- Daytime and evening classes
- Seated and standing programs, with options for all levels
- Open to adults of all ages.
- Experienced instructors and supportive educational materials
- 108 Moving Meditation Set for posture, strength, flexibility, and balance
- Sabre Set for connective tissue, whole-body integration, shoulder and chest opening
- Lok Hup Set for deeper integration of the muscle-tendon relationship, water flow, and organ systems
- Field trips and outdoor practice at the Gellatly Nut Farm in the summer
- Workshops and community events

The National Council on Aging has discovered that over 95% of adults over 60 suffer from one chronic disease, while over 80% suffer from two. These statistics are staggering. With Tai Chi supporting health recovery and rejuvenation, it is no wonder the Wine Country Tai Chi Society programs are expanding year after year as people experience the program's power to enhance their lives and health.

About the author: **Dr. Michelle Greenwell**, BA Psych, MSc CAM, Ph.D. CIH (Complementary and Integrative Health), is a guest workshop facilitator to the club who specializes in researching and empowering students with the gifts of Tai Chi. She presents internationally and in 2023 was a presenter for the Tai Chi and Qi Gong Conference for Whole Body Health at the Osher Center for Integrative Health, Harvard Medical School, and Brigham and Women's Hospital in Boston, Mass, as well as the World Congress for Tai Chi and Qi Gong honoring Master Effie Chow online.

**USE TAI CHI TO
IMPROVE YOUR HEALTH**



TAI CHI HELPS ALL AGES:

• Balance • Energy • Stress • Flexibility • Health • Circulation

ALL ABILITIES:

• Standing Classes • Seated Classes • Daytime & Evening

Balance both Mentally & Physically with Tai Chi


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 Tai Chi In The Okanagan

 YouTube Tai Chi Wellness and the Seated Form

