

Tai Chi is a top recommendation for health and wellness



Mental health, digestion, and Tai Chi go hand in hand. With the new studies on the gut/brain connection, you want a program that does it all! Enjoyed by millions around the world, Tai Chi provides you with the formula for aging successfully:

- Improved digestion, sleep, and breathing
- Whole body movement for strong posture, strength, and flexibility
- Deep breathing, relaxation, calmed emotions
- Mental clarity, focus, and awareness
- Community connection for wellbeing

Tai Chi is a top recommendation for health and wellness because of its gentle, movements that relax the connective tissue in the body and release the stress signals that can hold the body and organs tight. People with chronic challenges also discover significant changes in:

- Sleep
- Better breathing
- Pain release
- Joint mobility
- Posture alignment
- Improved Balance
- Circulation and feeling warm
- 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

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