



For more information
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Tai Chi & Chi Kung

New Session Starting

Class Held Saturdays

8:30AM - 10:00AM

@ Hudson Recreation Center

Call Rec Center @ 880-1600 for Info

Introduction

Tai Chi (太極) short for Tai Chi Chuan (太極拳), its movements cultivate "Chi," (氣), or bio-energy, through Traditional Chinese Medicine called "Jin-Lou" (channels and collaterals, or meridians) theory, to entire body. Chi Kung (氣功) involves the use of breathing methods to develop Chi for nourishing body and promoting health.

This class brings in stretching and breathing exercises that uses spiral movements to emphasize whole body relaxation and calmness, to "regulate breath for calmness and stretch the body for flexibility." Practice promotes blood circulation and joint flexibility, which helps draw "Chi" to every part of body. We dedicate time each class to meditation to focus the mind and help develop concentration.

Mr. Huang has been teaching Tai Chi for over 25 years . His approach to teaching emphasizes spiral movements and breathing techniques for a total body workout and daily exercise to maintain and/or improve health.

Medical Science recognizes the following benefits of practicing Tai Chi and Chi Kung:

- Lowered blood pressure, slower declines in cardiovascular power.
- Increased bone density, increased strength and range of motion of joints, greater leg strength, knee strength, and flexibility.
- Reduced levels of stress, anxiety and depression, improved immune function, and heightened mood states.
- Improved balance, flexibility and muscle strength.
- Relieved chronic pain.
- Increased energy, endurance and agility.

Breathing Flexibility
Mind & Body **Balance**

