

# TAI CHI

**MINDFUL MOVEMENT**



**YWCA**  
HUNTER REGION INC

# TAI CHI

Tai Chi is a gentle exercise form where participants move in an upright posture, in a slow and controlled manner. It can be practised standing or sitting.

Practising tai chi enhances our health and wellbeing and is particularly effective in improving arthritic stiffness and developing better balance.

Tai chi calms the mind, helps to relieve stress and promotes a sense of harmony and wellness.

Benefits include:

- improves balance and stability
- increases circulation
- improves posture
- improves cognitive function
- better concentration
- strengthens bones
- improves flexibility and range of motion
- improves overall wellbeing

Above all, tai chi is safe, easy to learn!

## WHEN?

Fridays (various dates)

9.30-10.30am

## WHERE?

YWCA Hunter, 24 Dawson St, Cooks Hill

## HOW MUCH?

\$125 for 10 week term

## SUITABLE FOR

Everyone! including people with limited movement

## BOOKINGS ESSENTIAL

[www.ywcahunterregion.org.au/tai-chi](http://www.ywcahunterregion.org.au/tai-chi)



For more information:

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