

What is Tai Chi?

Tai Chi is a martial arts used to build:



Focus



Flexibility



Relaxation



Balance



Strength

Benefits of Tai Chi

Tai chi helps to connect movement and breath together

Tai chi practice can last as little as 5 minutes or upwards of an hour

Tai chi can be performed fully seated or be a dynamic practice

Tai chi is a suitable for all because it can be tailored to fit your ability level

In tai chi you are encouraged to move slowly and with control

Try this!



Move your arms up and out to the side when you breathe in and back down to your side as you breathe out. This will help you get used to moving slowly, and with control alongside with your breath! Try this movement for 5 big, deep breaths, focus on moving your arms with the pace of your breath.

“Tai-what?!”

Common misconceptions about tai chi

You do not have to go to a studio to do tai chi!

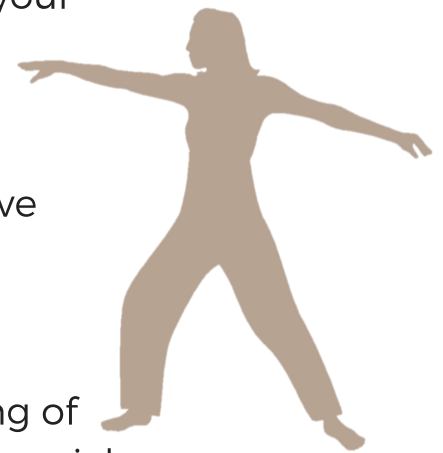
Tai chi can be performed in your own home or even at your desk, at work or school.

Tai chi is not a contact martial arts

Tai chi is a practice in which you are encouraged to move slowly and with control in your own body

But I don't know any of the movements

That's ok! Tai chi movements are taught at the beginning of most practices, and if not flag an instructor to give you a quick rundown of some of the most common movements, or just follow along with the class!



How to get started?

- Select a practice you feel comfortable with- even if that means 5 minutes of seated rest, and build once you feel comfortable
- Remind yourself that it is okay not to do what everyone else is doing, Perhaps you can hold a pose for half of the time prescribed. That's great! Now you have a goal to work towards once you feel more comfortable
- Check in with yourself! What tools do you use to assure you are feeling comfortable? Perhaps you check in with your breath or heart rate.
- Set an intention: set your goal for what you want to get out of your practice
- Explore the different opportunities to do tai chi in your home or community
- Bring a friend!

Learn More about Tai Chi!

Learn more about tai chi! <https://nccih.nih.gov/video/taichidvd-full>

Check out your local YMCA, or another community recreational facility to find tai chi classes! <http://ymca.ca/>