



Chi = Life Energy

Tai Chi is designed to build and circulate chi throughout the body. Not only is it a great way to stay healthy in terms of balance, strength, energy and flexibility, but also a great self defense tool.

Tai Chi is one of the three 'internal arts' in China, along with Hsing I and Ba Gua, which are also based on the principle of building, circulating and directing chi.

The study of Tai Chi involves learning the basic skills of breathing, grounding, rounding, flow and empty & fill.

A related study involves energy building exercises called Chi Gung, which is like energy "calisthenics".

Tai Chi Demo class

Wednesdays @ 1 pm

YMCA Beginner classes

Mondays @ 3:45 pm

Wednesdays @ noon

Intermediate classes

Mondays @ 4:30 pm

Fridays @ 4:15 pm

"Fire up for the weekend" Chi Gung

Fridays @ 3:45 pm

