



Celebrate World Tai Chi and Qigong Day with Be Well Now, a Holistic Lifestyle Center

What is Tai Chi?

Tai Chi is a type of martial art very well known for its defense techniques and health benefits. The martial art has evolved over the years into an effective means of alleviating stress and anxiety. It has been considered to be a form of “meditation in motion” which promotes serenity and inner peace.

Qigong is a Chinese system of physical exercises and breathing control related to tai chi.

There are many styles and forms of tai chi. The major styles are Chen, Yang, Wu, another Wu (actually two different words in Chinese) and Sun. Each style has its own unique features, although most styles share similar essential principles.

What are the benefits of Tai Chi?

Effective exercise for health should include three components: cardio-vascular fitness, muscular strength, and flexibility. Practicing tai chi can give you all this and more!

Tai Chi also:

- improves posture
- teaches you breath control through practice of Qigong
- teaches mental focus
- reduces stress
- increases positive moods

Who teaches Tai Chi at Be Well Now?

Jerry Whitten began studying martial arts in 1960. In 1967, he was stationed at Osan A.F.B. Korea. While in Korea, Jerry made his 1st degree black belt in Tang Soo Do Karate. He continued in Tang Soo Do and today is a 6th degree black belt. During the 1980's, he became interested in Tai Chi, learning the Yang 24. In 1998, began studying Chen style with Master Yang Yang. He has attended workshops with Grandmasters Chen Xiaowang, Chen Xiaoxing, Chen Zhenglei, and many more.

What will I learn?

In the Introduction Class, you will learn the Chen 18 posture form. You will also learn a solo push-hand exercise and 10 simple silk reeling exercises. All were created to improve your health, flexibility and body movement. Those who wish to continue can learn the long form (74 postures), push-hand skills with a partner, more than 30 silk reeling exercises, sword and much more.

When can I sign up for classes?

The next Introduction to Chen Style Tai Chi begins Monday, May 23, 5:30 pm. Or sign up for the Wednesday morning class, beginning May 25, 10:15 am. Classes are 10 weeks; cost is \$60.

Visit bewellnowonline.com for more information. “Like” us on Facebook.

