

Introduction to Tai Chi Chuan



Tai Chi Chuan is a Chinese martial art comprised of gentle, flowing movements that can be practiced by any person of any age. Often described as moving meditation, Tai Chi Chuan uses choreographed sets of postures, called ‘forms’, which flow from one to another. Tai Chi teaches us to move and breathe properly so that we achieve our greatest potential strength.

Research has shown that Tai Chi has a positive impact on a variety of medical ailments including feelings of stress, high blood pressure, arthritis, diabetes, and multiple sclerosis.

No experience is required – only a desire to learn. All are welcome regardless of age or physical condition. Loose comfortable clothing should be worn.

The cost of the 8 week session is \$55 (\$30 for Senior Center members). A walk-in fee of \$10 per class will be charged for anyone not registered for the full 8 week session. The class will be held Tuesday evenings from 6:30-7:30PM.

For more information:

Penridge Community Senior Center
146 E. Main St.
Perkasie, PA. 18944
215-453-7027

TAI CHI CHUAN REGISTRATION FORM

Name: _____ Cost: _____

Address: _____

City, State, Zip: _____

Phone (Home): _____ (Work): _____

Please make checks payable to “Penridge Community Senior Center”.