T’ai chi

is more about

“being”

than “doing.”
Movement

Meditation

Deep breathing
Qi (pronounced "chee"), or life energy, that flows throughout the body. Qi must be able to move freely for good health.

Yin and Yang are opposite and complementary forces in the universe, in the same way as light and dark, joy and sorrow. T’ai chi is meant to harmonize these pairs of opposites.
As Physical Exercise

Muscle strength

Flexibility

Balance

Aerobic conditioning

T’ai chi improves overall fitness, coordination, balance, and agility. People who practice tai chi on a regular basis tend to have good posture, flexibility, and range of motion, are more mentally alert, and sleep more soundly at night.
As Medicine

“medication in motion.”
T’ai chi is both a Preventive and Complementary Therapy for a wide range of conditions including:

- Arthritis
- Lower back pain
- Low bone density
- Hypertension
- Parkinson’s disease
- Sleep problems

Beneficial for the Immune System and Central Nervous System
“The deep breathing of t’ai chi regulates the respiratory system, helping to treat respiratory ailments, such as asthma, bronchitis, and emphysema. It also stimulates the abdomen, which aids digestion and helps relieve constipation and gastrointestinal conditions.”

University of Maryland Medical Center
The Effect of T’ai chi on COPD: A Pilot Randomized Study of Lung Function, Exercise Capacity and Diaphragm Strength

Conclusion: Tai Chi enhances lung function, exercise capacity, and diaphragm strength. (preliminary data; a larger trial is needed…)

Effects of Tai Chi on exercise capacity and health-related quality of life with COPD

Conclusion: Preliminary evidence suggests that Tai Chi has beneficial effects on exercise capacity….further studies are required to support the preliminary evidence and to observe the long-term effects.
T’ai chi for individuals with COPD: an ancient wisdom for the 21st century?

The influence of “uptake and adherence” may be attractive for maintenance therapy

- T’ai chi may be less expensive than other exercise modalities
- Requires no equipment and only minimal space
- The benefit of exercising being extended over time as tai chi may become a lifestyle practice.

European Respiratory Journal 2013
As the Integration of Mind, Body, Spirit

After attending her first 20 minute lunch-time class, a young woman told her co-worker that hearing a message of such self-awareness, care and peace of heart — especially in the middle of the work day, made her almost cry…

“This was the first time in 20 years of working here that I experienced 20 minutes of such peace.”
Several forms of the Yang style of T’ai chi

Opening Form and Hold the Ball
Part the Wild Horses Mane
Grasp the Peacocks Tail
Closing Form

We do this with Kindness and Gratitude toward ourselves, and one another, which we deserve and desire.
Feel the flow of your breath
Imagine your are moving against resistance
Be conscious of weight transfer
Maintain upright posture
Feel the flow of your movements
Several forms of the Yang style of T’ai chi

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Closing Form

The following poem by Bernard Gunther says it all:

life

savor
Life…Savoring…Breathing