

T'ai chi

is more about

*“being”*

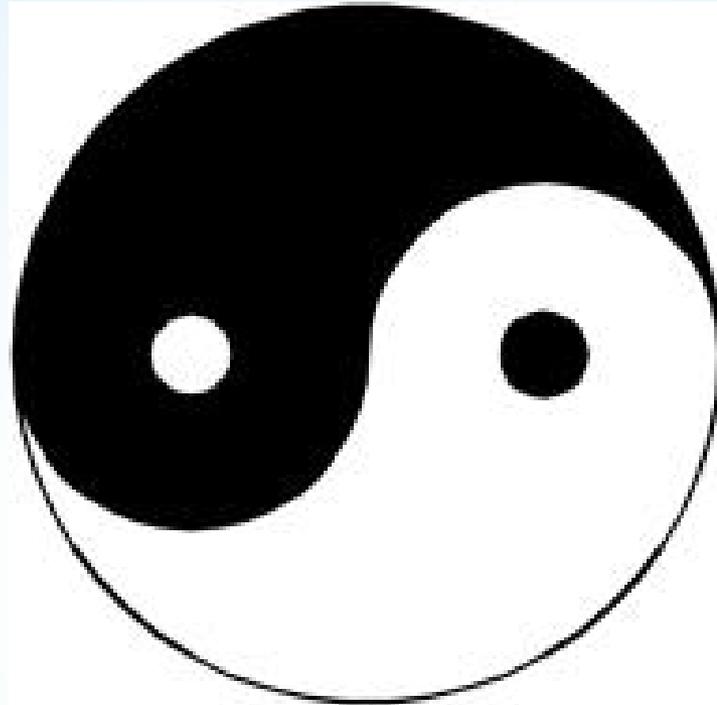
than *“doing.”*

**Movement**

**Meditation**

**Deep breathing**

## T'ai Chi is the popular abbreviation of T'ai Chi Chuan



***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 21<sup>st</sup> century?**

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

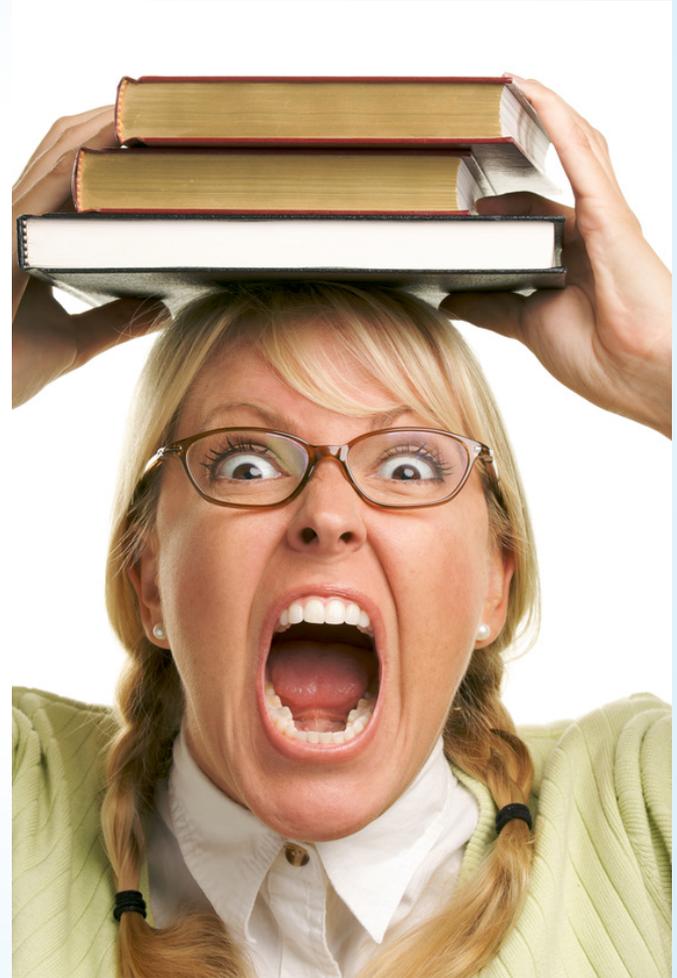
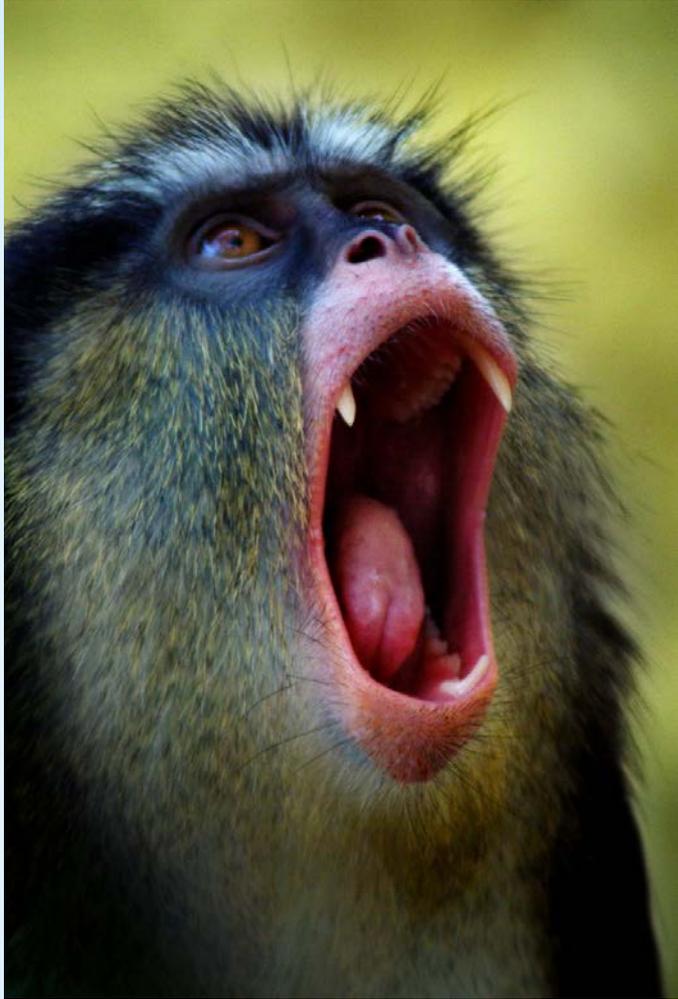
- T'ai chi may be less expensive than other exercise modalities
- Requires no equipment and only minimal space
- The benefit of exercising being extended over time as tai chi may become a lifestyle practice....

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

***Breathe. Relax. Enjoy.***

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



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The following poem by bernard gunther says it all:

life

savor





Life...Savoring...Breathing