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## **Basic Benefits of tai chi**

- **Enjoyment.** *That is one of the aspects I really love about my work. The slow, rhythmical movements are lovely to do when they become familiar.*
- **Relaxation.** *I see everyone slow down by the end of class and look very relaxed. Did you know that can help to normalize blood pressure and improving sleeping? Both benefits are well documented. It really works.*
- **Improved Flexibility.** *You may have heard me say that I believe that tai chi "counteracts our 21st century lifestyle". We all spend so long sitting in front of computers, TV or in our cars. We need to balance that by gently, regularly stretching our upper body.*
- **Improved Balance** *I see this improve in as little as 9 weeks. Balance is very much "use it or lose it". None of us want to lose it.*
- **Improved Leg Strength** *We all want to keep those muscles in the legs working for us for a very long time.*
- **Deep, healthy breathing.** *This helps all of us, not just asthmatics. It also improves circulation.*
- **Assisting people with Arthritis.** *This occurs by keeping the joints mobile, helping to relieve pain by relieving the build-up of fluid in a joint and helping increase muscle strength to support injured joints.*
- **Relieving or preventing back Pain.** *95% of the population will have back pain at some time in their life. Keeping the abdominal muscles strong and the spine flexible have been shown to be very beneficial.*