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Dear tai chi friends

Do you ever wonder about how coming to tai chi can help you? Maybe help is not the right word. It certainly can improve our leg strength, balance, breathing, upper body flexibility, breathing and relaxation. Enjoyment is also what comes to mind. That's how it is for me, without a doubt. I love teaching you. The enjoyment comes for me as you progress and when I see the relaxation that shows in class, particularly after the tea break when we go over the movements we've been learning.

It's been a lovely surprise for me is to see the way that friendships begin to form amongst students. It is not a cliché to say that only very nice people choose to do tai chi. I mean that very sincerely. That's the kind of people that warm to the slow, flowing and rhythmical movements that are tai chi. Tai chi takes patience. It doesn't all fall into place in the first lesson. But becoming familiar with each move improves our confidence.

We have a common bond when we choose this gentle form of martial arts for health and well being. We are choosing to keep our bodies flexible and strong, improve our coordination and memory and to help relieve tension. In many cases we're helping stabilize or reduce the effects of high blood pressure, arthritis, diabetes, asthma, and the inability to sleep soundly. Those of us fortunate enough to not have any of those health issues, benefit greatly by doing tai chi regularly to prevent them in later life. Everyone has some kind of stress in their lives at times. Doing beautiful moves to soothing music is a surprising way to ease that.

If you would like to learn more and haven't yet booked for one of the courses starting next week (Jan 30) please do so. Maybe you'll learn a style of tai chi you haven't done before. Each style has its own special qualities and each course you've done enhances your learning of the next one.

Meg Hutton



Meg Hutton: Accredited
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