

## Referrals

Health professionals or your GP can refer you to the program. Self referrals are also accepted.

**Individual Assessment required prior to attending group.**

All sessions will be closely supervised by our Tai Chi facilitator.

Reference: [www.taichiproductions.com](http://www.taichiproductions.com)

This is a **FREE** community program.

## Details

Program Length: 8 Weeks

When: The next program date will be based on number of referrals received.

Our group facilitator will contact you to confirm your place.

Who: For all members of the community.

### FOR MORE INFORMATION CONTACT:

**Department** | Community Rehabilitation Centre

**Address:** 58 McCrae Street, Swan Hill

**Phone:** (03) 50 339 321

**Email:** [crc@shdh.org.au](mailto:crc@shdh.org.au)

**Web:** [www.shdh.org.au](http://www.shdh.org.au)



# Introduction to Tai Chi

# Tai Chi:

## Want to try gentle exercise?

The movements for Tai Chi for health have been modified, so they consist of slow, gentle, rhythmical moves. It is a great way of exercising for almost everyone.

## What is Tai Chi?

Tai Chi is an ancient and gentle Chinese exercise form that is practiced around the world.

It involves slow, controlled movements. This program was developed by Dr Paul Lam, with a group of Tai Chi and medical experts. Tai Chi for health is easy to learn as it involves only 12 movements or positions.

## How does Tai Chi help?

It exercises the entire body and helps to strengthen joints and muscles.

Practising Tai Chi for health may improve your flexibility, muscle strength, balance, deep breathing, general wellness, and help maintain correct posture and fitness.

It may also help you to relax and improve your concentration.

## What happens in a class?

Tai Chi begins with warm-up exercises. The leader then demonstrates one or two movements per lesson. You will be encouraged to learn the movements properly and slowly, working within your own comfort zone to ensure safety and benefit.

## How often will I need to practice?

If you join a class you are expected to attend each week. You will also need to practice the movements at home each day as you learn more movements.

It is expected that at the end of the course you will be practicing Tai Chi daily as an integral part of your health routine. You will notice the benefits and have a desire to practice daily.

