

MEETING TIMES:

Tuesday: 6:00 PM

Thursday: 10:00 AM

We encourage new learners to join in September or January, when a new series of beginning lessons are offered.

We begin each lesson with warm up exercises. The movements are slow and smooth. This allows the body to heat up without straining and prevents pulled muscles. New moves are taught each week and added to the ones already introduced. Through repetition the body remembers. It takes about three months to teach the 108 moves of the Yang Style form of Tai Chi.

Each person executes the form according to their abilities. In our club we have people with a wide range of abilities and challenges. Anyone who is determined to learn the form can achieve success. Tai Chi can be practised by everyone: young or old, bedridden, in a wheelchair.

From September to the end of May we meet in the United Church Hall twice a week. Our dues are \$20 per month or \$4 to drop in.

From June to the end of August we meet in Heritage Park in Peachland.

Tai Chi requires great concentration. It is a sequence of continuous, soft, graceful movements. The nervous system, ligaments, muscles, bone structures, internal organs, and supportive systems are all affected as one performs the form.

Tai Chi involves a rhythmic shifting of weight from one part of the body to another, an equal emphasis of contraction and expansion of the spine as well as stretching from one side to another. This balance of forces is just like the yin yang symbol: the complementary pairing of opposites. When the set has been learned well, it is done with relaxed mindfulness and can have the same effects on the mind as meditation.

Tai Chi has been called MOVING MEDITATION.

By focusing on the movements within a set, the mind cannot concern itself with anything else. As you relax, you have a more peaceful mind and learn to forget everyday problems.

Research shows that people who regularly practise Tai Chi report the following benefits:

- Improved balance
- Lowered blood pressure
- Stronger bones
- Less chronic pain
- Reduced stress hormones
- Improved sense of control
- Improved concentration
- Strengthened immune system
- Improved blood circulation
- Straighter posture
- Improved coordination

A 2001 National Taiwan University Hospital study found that Tai chi qualifies as aerobic exercise. A 150 pound person can burn 270 calories in an hour.

Research in China shows that twenty minutes of Tai Chi significantly boosts your white blood cell levels to help fight bacterial infections.

Australian and Taiwanese studies show that Tai Chi works the heart as effectively as walking at a speed of 6 km/hr.

A 2004 University of Liverpool study of women aged 33 to 55 showed that those who did Tai Chi three times a week for twelve weeks had improved balance and lower blood pressure.

Studies at the Chinese University of Hong Kong found that postmenopausal women who practised Tai Chi, a weight-bearing activity, five days a week for a year had stronger bones than those who did not.

A South Korean study found that osteoarthritis patients had less pain after twelve weeks of Tai Chi.

N.B. The instructors for this program are volunteers dedicated to providing you with a quality experience.

Volunteers are the heart of the wealth of The Wellness Centre. If you would like to support our work by volunteering your time, please call us to schedule a discussion about your interests and availability.

The Peachland Wellness Centre

4426 Fifth Street
Peachland BC V0H 1X2
Phone 250 767 0141
www.peachlandwellnesscentre.ca

The Wellness Centre is a charitable nonprofit society incorporated in 2001 and has received financial support from many many private individuals and the following:

Central Okanagan Foundation

District of Peachland

Lions

Masons

Rotary

United Way

Vancouver Foundation

**THE PEACHLAND
WELLNESS CENTRE
SOCIETY**



**TAI CHI FOR
WELLNESS**

**TAI CHI IS LEARNING TO
DISSOLVE STRESS, TO
RELAX AND MOVE FREELY
AND NATURALLY.**