

## **Hamilton Township School for Adult & Continuing Education**

### **Tai Chi Chuan**

Performed by millions around the world, Tai Chi is a mind-body exercise rooted in multiple Asian traditions, including martial arts, traditional Chinese medicine and philosophy. Tai Chi integrates slow, intentional movements with breathing and cognitive skills like mindfulness and imagery. It aims to strengthen, relax and integrate the physical body and mind, enhance the natural flow of Qi (our vital energy or life force), and improve health, personal development and self-defense. Tai Chi is a physical exercise, a mental exercise and a choreographed dance all at the same time! It gently exercises all joints and muscles of the body and is ideal for people of all ages and levels of physical conditioning. Tai Chi may help you relieve stress, anxiety and tension, and increase your awareness by improving your balance, coordination and posture. This class is intended for beginners or as a refresher for previous students. Ideally, wear loose fitting or exercise-type clothing and flat-soled sneakers.

**Instructor: Lee Atwater, [www.taichilee.com](http://www.taichilee.com)**