

Ta'i Chi

I will instruct the residents in Ta'i Chi in either a chair or standing. They will learn to feel life energy flowing into their legs, hips, torso, arms, neck, eyes and brain. Its meditative quality may quiet the mind while the gentle stretching movements encourage greater flexibility and relaxation.

Program Type Single

Time 1 hour

Audience Size 5 min - 25 max

Language English

Audience All Audiences

Season Fall, Spring, Summer

Topic Wellness

Region Central, Northeast, Southeast, Western

Program Contact

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