



Parks and Recreation Department

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# Tai Chi

T'ai Chi Ch'uan is a gentle, slow motion exercise that improves balance, flexibility and proper breathing techniques. The class teaches the Simplified Yang Form-also called Cheng man Ching style t'ai chi-in a relaxed, non-competitive atmosphere.

T'ai chi ch'uan is sometimes referred to as 'moving meditation' and a number of recent medical studies have confirmed what the Chinese have known for hundreds of years- regular practice of t'ai chi improves overall health and can lessen the effects of several debilitating diseases.