

Tai Chi

1. What is Tai Chi?

Tai Chi can be thought of as a moving meditation composed of the precise execution of slow and graceful movements. Tai chi involves breathing while moving through postures and stances.

2. What are the potential health benefits?*

A regular practice of Tai Chi may result in health benefits such as:

- ⇒ **Improved balance & flexibility**
- ⇒ **Improved posture and alignment**
- ⇒ **Increased calmness**
- ⇒ **Improved (reduced) blood pressure**
- ⇒ **Reducing feelings of stress and anxiety**
- ⇒ **Improved quality of life (QOL)**

*Reference: Janke et al., (2010). A Comprehensive Review of Health Benefits of Qigong and Tai Chi

3. Who can participate in tai chi classes?

Most people, of all ages, can safely participate in tai chi since it is a gentle form of exercise with a low risk of injury. However, if you are in doubt, please consult with your physician.

4. When are the classes held?

Classes are held **Saturdays, 10am-11am** in the Wellness room of the UT Physicians Community Health & Wellness Center - Southwest. Classes are limited in size to 20 people. Classes are not offered during holidays. Please call 713-486-5900 to confirm class availability.

5. Is there a cost for the classes?

UT Physicians Community Health & Wellness Center - Southwest is proud to offer tai chi classes at no cost to all UT Physicians patients and to community members.

6. Who will be my guide/instructor?

Master F. Michael Aronson has 20 years' experience in tai chi and 38 years' experience in Chinese Martial Arts. In addition to teaching tai chi course, Master Aronson also teaches Martial Arts Courses. For more information on Master Aronson, please visit www.texasasianmartialarts.com

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