

## Improving Your Health and Well-Being with *T'ai Chi*

If you wish to improve your overall health, *T'ai chi* is a great way to go. The regular practice of *T'ai chi* is beneficial and enjoyable to do. You never are too old to start improving your health and well-being through *T'ai chi*.

*T'ai chi* is pronounced "Tie Chee". It also is referred to as *taiji* or *taijiquan* (pronounced "Tie Chee Choo-an").

A beginners' *T'ai chi* class will meet Thursday mornings at 11:00 am, beginning July 5, in the gymnasium of Calvary Church. There is no fee to take part. The class is led by John R. Yost, a retired United Methodist pastor. Pastor John has 24 years' experience in *T'ai chi*.

Each *T'ai chi* class has a set routine. Classes begin with some exercises to relax our muscles and limber up our bodies. Then we practice the routine called the "form". Occasionally we refer to the Scriptures and hear from the *T'ai chi* masters.

*T'ai chi* employs a series of slow and gentle movements that utilize all the muscles of the body. *T'ai chi* teaches the body and mind to work together to promote general health and an overall sense of personal well-being.

*T'ai chi* can help a person develop greater physical stamina and energy, increased mobility, a better sense of balance, and grace. *T'ai chi* can be especially useful for persons of advancing years. It can impart greater confidence and serenity, and promote good posture, flexibility, muscle control, and help to relieve stress and tension.

The benefits of *T'ai chi* have been extensively researched by medical testing. The Mayo Clinic, *Prevention* magazine, and many other journals all have reported the benefits of *T'ai chi*.

The only persons who do not benefit from *T'ai chi* are those who do not practice it! So why not give it a try?