

Frequently Asked Tai Chi Questions

Q: What is Tai Chi?

A: Tai Chi is an ancient form of Chinese martial art used to enhance movement and energy flow. You may have seen people on television in parks and common areas in China all performing the same slow, gentle, flowing movements. That is Tai Chi.

Q: Who can participate in the classes, who are they designed for?

A: Although the classes are designed for those who experience pain with movement, the class is open to and quite beneficial for all. In the past the classes have consisted of individuals ranging in age from 20's to 80's. The form is so adaptable that whether you are wheelchair bound or athletic, you may benefit from participation.

Q: What will I learn if I come to the Tai Chi classes?

A: You will learn 10- 12 movements that are put all together in a gentle moving form. The instructor breaks it down into easy to learn segments that build on each other from week to week.

Q: How long are the classes and how often do they meet?

A: The classes meet one time per week for 8 weeks and are one hour in length.

Q: What if I have trouble with my balance or what if I cannot stand for one hour?

A: Each class participant is encouraged to only participate in class to their comfort level. The movements can easily be modified so that most any one can participate. Class participants are all encouraged to keep a chair next to them to help with balance, or to rest in throughout the class.

Q: What are the benefits of Tai Chi?

A: There are many well documented benefits to performing Tai Chi consistently. These include: improved strength and balance, decreased pain related to arthritis or fibromyalgia, promoting relaxation.

Q: What do I need to wear?

A: Wear comfortable loose fitting clothing that will allow you to move without restriction.

Q: What type of shoes should I wear?

A: Please wear comfortable supportive footwear. Avoid sandals and open back shoes.