

Tai Chi

A Gentle Practice Integrating Physical & Mental Well-Being



WHAT IS TAI CHI?

Tai chi is described by the Harvard Medical School as “meditation in motion” due to its many health and well-being benefits for individuals of all ages and abilities.

Tai chi is a low-impact physical and mental practice that consists of slow, circular movements. Meant to be practiced regularly to receive its full benefits, tai chi can be easily adapted to meet your unique mobility and fitness needs.

BENEFITS

- Improves balance
- Improves cognitive function
- Lowers blood pressure
- Alleviates arthritic pain
- Reduces stress
- Improves concentration

HOW TO REGISTER



To learn more or register for a class, call (502) 588-0433, scan the QR code, or visit our website: www.tragerinstitute.org/tai-chi

PROGRAM DETAILS

All classes are held in person but can be made virtual upon request.

Introductory Tai Chi*

Mondays

11:30 a.m. — 12:30 p.m.

Cost: FREE

**This class is available only upon request. Registration is required.*

Tai Chi for Beginners

Tuesdays & Thursdays

11:30 a.m. — 12:30 p.m.

Cost: \$5 per class session*

**We do not view the inability to pay as a barrier to participation.*

THE INSTRUCTOR

Chris Pierce

Instructor Chris Pierce is certified in Tai Chi for arthritis and falls prevention



LOCATION

204 E. Market St. Suite A
Louisville, KY 40202