



# ***TAI-CHI CHUAN***

## **For Health & Fitness**

**Instructed by Sensei Jim**



In parks throughout China every morning 250 million people start the day doing Tai-Chi. The youthful energy of these senior and middle aged adults is inspiring.

The movements are done ever so slowly. The practitioner becomes aware of every subtle shift of balance and the principles behind the movements. The Chinese believe that Tai-Chi promotes health by improving and regulating the flow of Chi (life energy source) from its gathering place in the abdomen tan tien throughout the body. Western and Eastern doctors agree, that Tai-Chi's slow rhythmic movements calm the mind, while the body is gently stimulated.

There is no impact, and although the practitioner should never get out of breath, it really works a wide range of muscles, enhancing flexibility and strength. Good for health, balance, vitality, longevity, aches & pains, heart and fall prevention.



**Doctor recommended!**  
**Research shows positive results!**  
**It's soft, gentle, refreshing and fun!**

**\$ 75**  
**PER MONTH**

***Please come and Try TAI-CHI CHUAN***

**CLASSES ARE AS FOLLOWS**

**Monday, Wednesday and Friday 10:00 am to 11:00 am**  
**Classes begin Monday, March 22, 2021**

***You can come once, twice or three times per week!***

**YOUR FIRST WEEK IS FREE**

**Register NOW!!! Call 631.5065 TODAY!**



**WESTERN NEW YORK KARATE CENTER**

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Williamsville, NY 14221