

Tai Chi for Life

Tai Chi classes for older people - for wellbeing, balance and mobility

Tai Chi is a martial art which helps to reduce stress and provides a way to cultivate body and mind. Tai Chi is performed slowly, softly and gracefully with smooth and even transitions between movements.

Regular practice of Tai Chi can bring a wide range of health benefits to the muscular, skeletal and circulatory systems. Tai Chi is suitable for most people and movements can be modified for individual needs. Many illnesses have been shown to improve with the regular practice of Tai Chi, those with acute health problems should check with their physician before beginning any exercise program, including Tai Chi.

For more information on local Tai Chi programs contact:

Central Bayside Community Health Services
Bentleigh Bayside Community Health Service
Sandybeach Community Centre
The City of Kingston
Bayside City Council

Ph: 8587 0200
Ph: 9575 5333
Ph: 9598 2155
Ph: 1300 653 356
Ph: 9599 4444

Tai Chi Classes in your local area

Location

Day

Time

Cost