



Tai Chi Basics with Mike

Tuesdays at 4:15 PM



**Mike Raynor Certified Tai Chi & Qigong Instructor
ACE Certified Personal Trainer**

"Tai Chi for Rejuvenation and Longevity"

What is Tai Chi?

Tai Chi or Taiji is an ancient Chinese art of relaxation, healing, and self-defense.

Why is Tai Chi the "Perfect Exercise"?

The ultimate purpose of practicing Tai Chi is to live longer, be stronger, and have less pain in the prime of our lives. It is also a uniquely effective means of invigorating the internal organs, as well as the circulatory and nervous systems. The intense mental focus with deliberate, graceful movements will improve your strength, agility, and balance. You will also feel more confident, alert, energetic, and relaxed. Best of all, you can feel less pain with lubricated joints and gain in range of motion.

How long does it take to see the benefits of Tai Chi?

The physical and mental benefits can be felt immediately. At first, you will notice increased flexibility and balance, reduced stress and anxiety, and improved focus and mindfulness. There is always more to learn and new depths to reach. Regular practice can lead you to continued physical and mental growth, making it a worthwhile investment in your health and well-being.

Class format and what to expect:

Class time is one hour. In order to prepare our body and mind for the movements, the first 20 minutes is for warming up. The warm-ups will include relaxing and opening up all major joints, followed by moves with visualization to strengthen our internal energy. There will be some fundamental Tai Chi drills and short sequences to give a solid foundation which can help you feel comfortable in any Tai Chi or Qigong class.

Which forms will we be working on?

There will be a combination of various fundamental Tai Chi and Qigong forms, including: 18 Form Tai Chi warm-up, Tai Chi 10 Form, 13 Essential Tai Chi Fundamentals, Silk Reeling, Easy Tai Chi for Health, Yang Style Tai Chi 24, Tai Chi Cool-Down Neigong 12 Forms, and Tai Chi Bang. We will also practice Qigong forms: Five Elements, Eight Silk Brocades, Shi Ba Shi, Six Healing Sounds, & various seasonal practices.

Clothing/equipment:

The clothing should be loose-fitting, light, and comfortable. It's common to practice with thin-soled, flexible shoes or barefoot on the grass, sand, or wood floor. No special equipment is needed.



Participants are welcome to visit the class on an intermittent basis. The class is beginner and intermediate level with the focus on providing Tai Chi fundamentals and easy sequences in a friendly, informative, and healing environment.

Mike Raynor

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