

TAI CHI/QIGONG AT FVTC

What is Tai Chi?

- Pronounced “tie chee”, is a mind-body practice wherein **a person moves their body slowly and gently, while breathing deeply and meditating** (it’s often called “moving meditation”). Tai chi is a physical approach to health, longevity, and optimum quality of life.

What is Qi Gong?

- According to traditional Chinese philosophy and medicine, “qi” is **the life energy force that flows smoothly and powerfully throughout the body**. Qi gong is a form of exercise believed to cultivate qi. Qi gong is an integrated part of tai chi.

Why should I take this class?

- The gentle flowing movement of tai chi in combination with qi gong can aid in **increasing balance, strength, flexibility, focus, cognition, confidence, proprioception** (body awareness), **immunity and healing** (through increased circulation of body fluid and blood). Utilizing the principles of tai chi and qi gong can enhance quality of life, mind & body integration, conditioning, performance and recovery.

What else do I need to know for class?

- Participants **do not need to change** from their work attire, however shoes must be flat—no sandals, please.
- Class will run **45 minutes**. Participants can arrive and leave as needed due to varied breaks, meetings and class times. Whatever is done in Tuesday’s class will be repeated in Friday’s class.
- Lessons will consist of warm-up/cool-down exercises, learning new forms, practice and fine-tuning of previously learned forms.
- Initially tai chi will seem somewhat robotic, but with time, practice and weekly/twice-weekly class attendance the movements will become more fluid.

Price Breakdown for Tai Chi/Qigong
5 classes \$12.50
9 classes \$22.50
18 classes \$45

To help you better choose the right package there will be 9 Tuesday sessions and 9 Thursdays sessions.

Friday’s session will be a repeat of Tuesday’s session to make it easier attend or have an extra day of practice.

Your punch card can be purchased in Student Life starting Jan 15th.

**Class will begin Jan 23rd in the Fitness Center on the following days:
Tuesdays 11:45am-12:30pm Fridays 11:45am-12:30pm**