



Tai Chi for Health

Calm Ease Balance Strength Relaxation



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Tai Chi is gentle exercise that integrates body and mind by creating movement meditation and energy flow.

With regular practice you can empower your health to feel the long term benefits of optimum wellbeing. Tai Chi can help you:

- Relieve stress with mindful practice
- Develop muscle strength and endurance
- Increase internal energy flow
- Enhance breathing and postural awareness
- Improve balance and agility skills

Sessions include warm-up exercises, the principles of Tai Chi in movement meditation for calming the mind, strengthening the body, and learning simple Tai Chi forms.

The smooth flowing movements can help soothe your pain and build your strength, balance, concentration and flexibility.

Tai Chi for Health uses a series of gentle flowing exercises that are suitable for people who have arthritis, balance issues, movement difficulties or decreased fitness levels.

This is a 4-week course delivered by Mandy Hogan, Physiotherapist and certified instructor for Tai Chi for Health Institute. This is a beginner level.

Day: Mondays from 11/09/17

Venue: Wangaratta Indoor Sports & Aquatic Centre, HP Barr Reserve, Creche room

Time: 6:00 - 7:15pm

Cost: \$110 for the four sessions.

Register: Contact Mandy directly via message 0427 221427 (please state your name) or email amanda@hoganhealth.com.au
Private health insurance rebates may apply.