

# Infinite tai chi, qigong and meditation.

I am a fully qualified tai chi, qigong and meditation instructor with many years of teaching experience. Having obtained my teaching qualifications from Jason Chan Light foundation.



Zen.

## What is tai chi?

Tai chi is an ancient Chinese tradition that, today, is practised as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing

Tai chi, also called tai chi chuan, is a non competitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Tai chi has many different styles. Each style may subtly emphasize various tai chi principles and methods. There are variations within each style. Some styles may focus on health maintenance, while others focus on the martial arts aspect of tai chi.

Tai chi is different from yoga, another type of meditative movement. Yoga includes various physical postures and breathing techniques, along with meditation.

## Strength and Endurance

Tai Chi has proven to be an exercise with significant benefits in the areas of balance, upper- and lower-body muscular strength and endurance, and upper- and lower-body flexibility, particularly in older adults. In one such study, people in their 60s and 70s practised Tai Chi three times a week for 12 weeks. They also undertook a myriad of physical fitness tests to measure balance, muscular strength, endurance, and flexibility before and after the 12 weeks. After just six weeks, statistically significant improvements were observed in balance, muscular strength, endurance, and flexibility measures. Improvements in each of these areas increased further after 12 weeks.

Zen runs classes on Monday nights, at The Nigel Poulton community hall.  
7pm to 8.30pm

For further information.

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