

PHOENIX T'AI CHI CENTRE

www.phoenixtaichi.ca

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Is pleased to present:



T'AI CHI FOR HEALTH CHALLENGES

Geared to complex health issues including Fibromyalgia, Chronic Fatigue Syndrome and other pain & mobility issues.

with **Terry Lynn Clarkin**

Weekly Classes – join us when you can

***from* Thursday, January 10, 2019**

1:00 to 2:00 pm

Fee: \$30.00 per month or \$10.00 per class

Place: Epiphany Memorial Hall

19A Holborn Ave at Briscoe St W, London ON

(1 block west of Wharncliffe, 2 blocks north of Emery)

Recent renovations allow us to provide full access to all facilities.

We endeavour to provide a scent-free environment.

"Perhaps what makes Tai Chi so special is that this holistic, multicomponent exercise affects us at physical, psychological, social and philosophical levels. Its multilevel effects are especially important for complex chronic diseases that involve many systems throughout the body; for example, the nervous, respiratory, endocrine, and immune systems all interact with the cardiovascular system to affect how well the heart functions."

Wayne, P. & Fuerst, M. The Harvard Medical School Guide to Tai Chi. Shambala Publications, Inc. 2013; page 29.

Classes will consist of T'ai Chi and its related exercise QiGong ('chi kung'). Some sitting exercises and work with the T'ai Chi Ruler will also be taught. The movements are performed according to the physical ability of the student.

The continuous movements of T'ai Chi massage all joints, muscles and internal organs, strengthen the lower back and reduce stress. The uniqueness of the balancing incorporated in the moves also has a relaxing effect. There will be a focus on exercises that can be used for pain management and to address specific health issues.

Facilitator:

Terry Lynn Clarkin BA,B Ed

- Years of personal experience with CFS, Fibro, IBS & Asthma
- Mother of Type1 Diabetic

For over a decade, Terry Lynn has been studying T'ai Chi for health issues. She started teaching in January of 2014.

Visit our website at: www.phoenixtaichi.ca

or contact us at: info@phoenixtaichi.ca (519-872-2408)