

PHOENIX T'AI CHI CENTRE

www.phoenixtaichi.ca

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Is pleased to present:



AN INTRODUCTION TO SUN-STYLE TAI CHI

Dr. Paul Lam's Tai Chi for Arthritis and Fall Prevention Program

9-CLASS SESSION *with* TERRY LYNN CLARKIN

from **THURSDAY, JANUARY 16, 2020**

to **THURSDAY, MARCH 12, 2020**

5:20 to 6:20 pm

Fee: \$70.00

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.

"Tai Chi for Arthritis" is a program designed by Paul Lam MD with a team of Tai Chi and medical experts, based on Sun-Style Tai Chi. It is easy to learn, no matter age, physical ability or prior knowledge of tai chi, safe and effective. Recent randomized studies have shown the program to relieve pain, improve quality of life and it is safe. The CDC also promotes Tai Chi as an exercise form to prevent falls among older adults. The program is supported by the Arthritis foundations of the USA, Australia and the UK.

The program includes warm-up, wind-down, Qigong exercises, special precautions and a set of 18-movement Tai Chi. (For those who wish to continue, the set does go to 41 moves). Sun-style is especially beneficial for arthritis because it contains powerful Qigong Exercises to enhance healing and increase energy, agile steps to improve mobility, and much depth to hold the learner's interest.

The TCA set and warm-ups loosen up the musculoskeletal system, lubricating joints and tendons throughout the entire body. The slow, continuous, relaxed and repetitive movements result in dynamic stretching, which enhances flexibility, increases range of motion and strengthens muscles. The emphasis on the importance of weight transfer helps to prevent falls. Together these factors lead to improved stamina, relaxation, balance, posture and immunity.

Instructor: Terry Lynn Clarkin, B.A., B. Ed. email: terrylynnclarkin@hotmail.com

- years of personal experience with CFS, Fibromyalgia and Arthritis
- 6 years teaching Tai Chi for Health Challenges
- Certified Instructor with the Tai Chi for Health Institute
- Certified for Tai Chi for Arthritis and Fall Prevention (2019)

Visit our website at: www.phoenixtaichi.ca

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