

Tai Chi w Trish Miller

Tai Chi is a form of exercises performed slowly in sequence to create continuous flow enhancing the circulation of Qi and Blood. In other words, it is a moving meditation, a form of gentle exercise which has been practised in China for thousands of years. It involves deep diaphragmatic breathing, co-ordination, focus, concentration, intent, and body movements.

Visually, the gentle exercise resembles an effortless dance, but every movement is precise and performed with a great deal of internal strength. Through regular practice of the art, one seeks to harmonise internal energy by promoting a balance between the mind and body.

The moving meditation, gentle exercise, non-strenuous movement of Tai Chi can be learned and performed at any age. The age does not matter when practising and learning, but more how the body is used. Tai Chi teaches the individual patience, control, focus, concentration and relaxation whilst breathing in and out deeply.

WHEN: Wednesdays 9:30am

VENUE: Waihi Beach R.S.A. Dance floor

COST: \$6/class (\$50/term)

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