

# Tai Chi and Chi-Kung for Life

Tai chi is an internal Chinese martial art practiced for both its defense training, its health benefits and meditation

Call today to reserve your spot in this session



**On-Site-Family-Martial-Arts**  
117-Gosling-Rd, Newington, NH-03801  
(603)-433-3179

**Back to School Session**  
**Tuesday's 530pm-640pm**  
9/8, 9/22, 9/29, 10/6, 10/13, 10/20

**Combat Stress and Dis-ease with this Ancient Martial Art for ages 18-80**

## 30

### Benefits of Tai Chi~Qigong

1. Loosens Muscles
2. Builds Power
3. Strengthens Organs
4. Slows Respiration
5. Strengthens Nerves
6. Builds Bone Density
7. Prevents Joint Injury
8. Strengthens Ligaments
9. Destroys Free Radicals
10. Increases Injury Recovery
11. Decreases Stress
12. Balances Emotions
13. Improves Circulation
14. Prevents Muscular Spasms
15. Reduces Pain
16. Lowers Heart Rate
17. Normalizes EKG
18. Lowers Blood Pressure
19. Improves Asthma
20. Relieves Bronchitis
21. Builds Immune System
22. Relieves Migraines
23. Decreases Stroke Risk
24. Improves Skin Elasticity
25. Improves Posture
26. Improves Flexibility
27. Increases Balance
28. Improves Memory
29. Aides in Digestion
30. Improves Kidney Function

Tai chi is a noncompetitive, self-paced system of gentle physical exercise and stretching that is ideal for all ages 18-80, regardless of ability or limitation. Our philosophy is that one form is all you need for the basis of your entire practice. This is because all the principles of energy cultivation, self-defense, and health and healing--from the basics to the most advanced techniques--are contained within, providing a lifetime study, learning, and improvement.

Classes are taught by a **Registered Nurse** with over 35 years of clinical experience

Call today for pricing, for the Back to School Session