

Tai Chi and Qigong for Health and Wellness

The Way Tai Chi System: "Simple 15-step Form"

Tai Chi is a traditional Chinese exercise that has been practiced for many centuries and is now becoming popular in the West. It combines deep breathing and relaxation with slow, gentle and graceful movements.

We provide a simple 6-week session. Adult classes are geared toward health and wellness and can be adapted to any ability. By taking repeat sessions of the same form one will advance their health, skills and tai chi knowledge.

Participants are taught the basic principles of Tai Chi, the benefits of Tai Chi for health and rehabilitation and shown how these effective and relaxing exercises can be easily and quickly integrated any lifestyle.

During the sessions, classes will include qigong, aka chi kung (energy cultivation exercises) and step by step advancements in the form aimed at breathwork, posture and alignment, weight transfer and balance.

Health benefits of Tai Chi

Brain
Improves cognitive function in older adults

Mood
Relieves symptoms of anxiety and depression

Connective flexibility
Improves strength

Cardiovascular system
• Significantly lowers blood pressure
• Reduces the resting heart rate

Joints
Relieves arthritic pain



Overall well-being

Improves quality of life markers in healthy and chronically ill people

Muscles
Improves strength

Immune system
Improves immune function and reduce inflammation

Bones
Increase bone density and prevent fractures in elderly

Balance
Improves balance and reduces falls in elderly adults

On-site Family Martial Arts
117 Gosling Rd, Newington, NH 03801
Phone: (603) 433-3179

Classes are Tuesday's 5:30pm-6:20PM
Space is limited. Reserve your spot today.

Both physical classes in the Kwoon as well as Zoom classes are available.

Worried about COVID-19?
The On-site Family Martial Arts Center follows the standards and strict guidelines for COVID-19 as mandated by the state of New Hampshire.

All profits will be given in support of the NH Food Bank.

Back to School Session



The Way Tai Chi System[©]

6-week Sessions on Tuesday

Begins September 8, 2020
5:30-6:40 PM

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<https://dovertaichinh.jimdofree.com/>



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Tai Chi and Qigong for Health and Wellness

6-week Sessions

The Way Tai Chi System "Simple 15-step Form" Adult Classes

Classes are developed and taught by a RN with 35 years of clinical experience



The Way Tai Chi System (c)

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In His Holy Name Ministry

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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

Organizations that promote Tai Chi



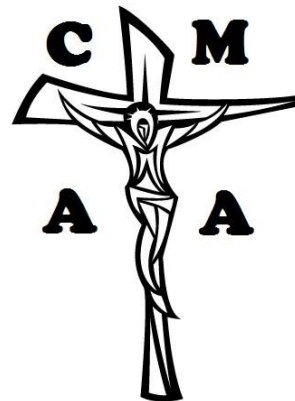
Defeat Diabetes Foundation



Yale SCHOOL OF MEDICINE



Harvard Health Publishing HARVARD MEDICAL SCHOOL



Catholic Martial Arts Association



Instructor: Chris Bashaw

About Chris:

Professor Christopher Bashaw holds black belt/instructor ranking in multiple martial arts systems. He was awarded his Hachidan (8th degree black belt) from the World Martial Arts Hall of Fame in Cleveland, Ohio in 2006. In January 2007 Christopher was inducted into Action Magazine Martial Arts Hall of Honors. And in June of 2008 Bashaw was inducted into the World Karate Union Hall of Fame. Christopher has been a Registered Nurse for over 3 decades, including pediatrics, military, psychiatric, pain care, recovery room, occupational health, drug and alcohol recovery, psychiatry, case management, and rehabilitation. And over the last 30+ years he has become certified in a number of healing arts; as a Reiki Master/Teacher he has developed his own system, Kokoro Ryu Reiki System of Natural Healing; Christopher is also the founder of Shugendo Yoga ©, a spiritual, gentle healing form of yoga. He has taken vows as a Buddhist Priest as well as being a professed Franciscan Friar HisHolyName@yolasite.com. He holds a H.Doctorate in Divinity as well as a PhD/MA and the title of Professor presented to him by the World Martial Arts hall of Fame. He incorporates western herbalism, internal and external Chi Kung healing, and mysticism into his practice and teachings. He developed Koshonic Body Stress Release © and is now teaching it privately to select students who are opening their own successful practices.

(Professor) Brother Chris Bashaw, OFJ, RN
 Chief Instructor
 The Way Tai Chi System