

NSW SENIOR FESTIVAL

presents

TAI CHI

Body Mind Healing

FREE lesson for **Beginners**



- **Mind Powered Tai Chi**
- **Balance & Falls Prevention**

Will also improve Diabetes, Asthma,
Arthritis, Alzheimer's, Parkinson's.

FIVE DOCK *Canada Bay Club* 4 William St. **Friday 8th Apr 11am**
WARRIEWOOD *Ted Blackwood Hall*, Cnr Jackson & Boondah Rds. **Sun 3 Apr 11am**
ERINA *Erina Room*, Erina Fair Shopping Centre, **Wed 6th Apr 10:30am**
CHARLESTOWN *"The Place"* Frederick St **Sat. 9th Apr 1.45pm**
WHITEBRIDGE *Wellness Centre*, Bulls Garden & Dudley Rd **Sun 3rd Apr 10am**
BALLINA Senior Citizens Hall, 26 Swift St **Sunday 3rd Apr 9.30am**
ORANGE *St Barnabs*, Cnr. Dora and McLachlan Sts **Tues 5th Apr 9.30am**
GUNNEDAH. *CWA HALL*, Barber St. **Tues 5th Apr 2pm**
ALBION PARK *Community Centre*, Russell St **Thurs 19th Apr 1.00pm**
DAPTO *Ribbonwood centre* **Mon 18th Apr 9.30am & Tues 19 Apr 6pm**
W'GONG *Pioneer Hall* 84 Church St **Wed 20th Apr 9.30am & Thur 21 Apr 5.30pm**



Aust Academy of Tai Chi

established 1976

Phone: 9797 9355

Website : www.livingchi.com.au

email: aatc@optusnet.com.au

**NSW
SENIORS
FESTIVAL**

Community Partner

Tai Chi - Body Mind Healing

In addition to Balance and Falls Prevention, Tai Chi is also known to provide relief from aches and pains, improvement in flexibility and posture, ease of movement, effective stress reduction, well being and health rejuvenation.

Like most of us, you are probably looking for an easy and effective way to maintain your physical health and feel better. Do you suffer nagging aches and pains? Do you often feel tense or stiff? Are you troubled by recurring neck, shoulder, or back problems? Do you notice your ease of movement becoming restricted and your physical vitality diminishing as you grow older? Or are you simply looking for effective ways to maintain your health and youthfulness? To age gracefully with health and dignity?

How many times have you tried to force yourself to start exercising regularly and take more time for relaxation? And how many times have you found that the system you tried didn't work or helped only for a short while? Most conventional exercise systems are based on the assumption that the human body is a machine that can be forced to work by hammering, twisting, oiling, and kicking. But the body is not a machine; it is an enormously complex living system.

Scientific breakthroughs in neurophysiology and neuropsychology have revealed that there is a powerful connection between your brain and body and that your brain is capable of improving your body's health and wellbeing. By harnessing the natural power of your brain, Tai Chi is able to bring your body remarkable benefits that have never before been possible with other exercise systems.

Tai Chi exercises are easy to do. They involve hardly any muscular effort, are safe and effective, and take only fifteen to thirty minutes to do. Best of all, the results and rewards are immediate. Sensory motor learning is how all physical learning takes place. It occurs through an information feedback process between your senses, muscles, and brain. As your body moves, your senses of touch, balance, and sight send your brain information about your body's position and muscular activity. Your brain responds by modifying the outgoing messages to your muscles. As the information is fed back and forth, the counterproductive and unnecessary muscular effort in your body is detected and "weeded out." Bit by bit, your movement becomes more refined and efficient. Information is exchanged between the brain and the senses until a successful, co-ordinated pattern of action is formed. For more information: **Australian Academy of Tai Chi**
9797 9355 email: aatc@optusnet.com.au Web: www.livingchi.com.au