

New Program: Tai Chi adapted for Parkinson's

Beginning Wednesday, July 14, we are pleased to announce the kick-off of a six-week program offering Tai Chi adapted for Parkinson's and Dystonia.

Tai Chi, an ancient Chinese martial art is practiced today as a healing, life-giving set of movements that improve:

- Balance
- Stress management
- Flexibility
- Sleep stability
- Overall quality of life

Without machines or strenuous floor exercise, just one hour a week is enough to begin to feel the benefits of Tai Chi. Over time, this practice can change the overall quality of life.

Tai Chi is meditation in motion, a healing art that develops internal strength and enhances health. Developed over the centuries in China, Tai Chi cultivates internal energy and helps eliminate obstacles that prevent this energy from circulating freely throughout the body. This work is accomplished steadily, over time, through meditation, relaxed movement, and mindful breathing. *It is stress free, as this exercise can be done sitting or standing and the benefits still accrue!*

The teacher, Jane Arsham has been studying Tai Chi and Chi Kung for 14 years, teaching for 7 years and currently is one of the primary instructors for a Harvard research project investigating the benefits of Tai Chi for heart health. She has taken workshops and done research to insure that she brings the best of the many movements available to her Parkinson's students.

WORKSHOP INFORMATION:

WHEN: Six Wednesdays , beginning July 14, 2010, 11:30a-12:30

WHERE: [The Arlington Center](#), 369 Mass Ave, Arlington (2 blocks E of Arlington Center)

TUITION: \$90 (for 6 weeks)

TRANSPORTATION: ample street parking available, #77 Bus from H.Square, #79 from Alewife

CLASS SIZE: 6-12

SIGN UP TODAY: Contact Jane Arsham as soon as possible to secure a spot

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Please make sure to leave name, number and best time to contact you.