Winter Class Offerings: Tai Chi adapted for Parkinson's

We are pleased to announce that beginning in January, we will begin offering two classes per week for Tai Chi adapted for Parkinson's and Dystonia. In addition to continuing our Wednesday class in Arlington, there will be a new class on Mondays in Needham. Both are eight week sessions beginning Monday, January 3 and Wednesday, January 5th respectively. People new to Tai Chi are welcome at either location. And of course, you are more than welcome to attend both classes!

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

- Balance & Flexibility
- Stress management
- 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*!

Students really enjoy taking this time "to be quiet, relax, and focus on body and spirit" in a wonderful space.

The teacher, Jane Arsham has been studying T'ai Chi and Chi Kung for 14 years, teaching for 7 years, and was one of the primary instructors for a Harvard research project investigating the benefits of T'ai 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 Parksinson's students.

WORKSHOP INFORMATION:

ARLINGTON:

WHEN: Eight Wednesdays, beginning January 5, 2011, 11:30a-12:30p
WHERE: The Arlington Center, 369 Mass Ave, Arlington (2 blocks E of Arlington Center)
TRANSPORTATION: ample street parking available, #77 Bus from H.Square, #79 from Alewife- Palmer Street Bus Stop
CLASS SIZE: 6-12

NEEDHAM:

WHEN: Eight Mondays, beginning January 3, 2011, 12n-1p
WHERE: North Hill Independent Living, Wellness Center, 865 Central Ave, Needham
TRANSPORTATION: ample parking available,
CLASS SIZE: 6-12

Cost: $96 for 8 weeks, 1 class

$160 for 8 weeks, 2 classes

SIGN UP TODAY: Contact Jane Arsham as soon as possible to secure a spot
Phone: (781)648-1515
eMail: taichi.janea@gmail.com

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

***Classes are supported in part by a grant from the American Parkinson's Disease Association, MA Chapter**