A new session of Tai Chi classes adapted for Parkinson’s and Dystonia begins the week of March 1 in both Arlington and in Needham. The eight week sessions start Monday, February 28th in Needham and Wednesday, March 2nd in Arlington. Individuals new to Tai Chi are welcome at either location. And of course, you are more than welcome to attend both classes!

Some quotes from current students:

“When I began, I was concerned about making classes fit into my schedule, and now I plan my schedule around this class.”

“I really enjoy taking this time “to be quiet, relax, and focus on body and spirit.”

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
- And 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 16 years and holds certifications to teach both the Yang style long and short forms. She has been teaching for over seven years and was 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 ensure that she brings the best of the many movements available to her Parkinson’s students.
Workshop Information

Arlington
WHEN: Eight Wednesdays, beginning March 2, 2011, 11:30am-12:30pm
WHERE: The Arlington Center
        369 Massachusetts Avenue (two blocks east of Arlington Center)
        Arlington, MA
TRANSPORTATION: Ample street parking is available.
        #77 Bus from H.Square
        #79 from Alewife- Palmer Street Bus Stop
CLASS SIZE: 6-12

Needham
WHEN: Eight Mondays, beginning February 28, 2011, Noon-1:00pm
WHERE: North Hill Independent Living
        Wellness Center
        865 Central Ave
        Needham, MA
TRANSPORTATION: Ample parking is available.
CLASS SIZE: 6-12

Cost
$96 for 8 weeks, 1 class
$136 for 8 weeks, 2 classes

SIGN UP TODAY: To secure a spot, please contact Jane Arsham at (339)707-0277 or 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 Disease Association, Massachusetts Chapter