



Moving Easy Class Offerings: Tai Chi Adapted for Parkinson's

New sessions begin week of April 25th

A new session of Tai Chi classes adapted for Parkinson's disease and Dystonia begins the week of April 25th in both Arlington and Needham. The eight week sessions start Monday, April 25th in Needham and Wednesday, April 27th in Arlington. **People 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.

Class Information

ARLINGTON:

Date: eight Wednesdays, beginning April 27, 2011
Time: 11:30am to 12:30pm
Location: [The Arlington Center](#)
369 Mass Avenue (two blocks east of Arlington Center)
Arlington, MA
Transportation: #77 Bus from Harvard Square
#79 from Alewife - Palmer Street Bus Stop
Ample street parking is also available.
Class Size: 6 to 12

NEEDHAM:

Date: eight Mondays, beginning April 25, 2011
Time: 1:00 to 2:00pm
Location: [North Hill Independent Living](#)
Wellness Center
865 Central Avenue
Needham, MA
Transportation: Ample parking is available.
Class Size: 6 to 12

COST: \$96 for 8 weeks, 1 class
\$116 for 8 weeks, 2 classes

Contact Jane Arsham as soon as possible to secure a spot!
Please make sure to leave name, number and best time to contact you.

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Classes are supported in part by a grant from the
American Parkinson Disease Association, Massachusetts Chapter