

"Before Tai Chi I would get a burning sensation on the bottom of my feet daily. After just a few minutes with the Foundation exercises I can feel my connection to the floor and the burning stops." Cheryl, 57 yrs.

"My shoulder was very restricted from an injury in my 30's. Now, I hardly notice a twinge and my shoulder feels great doing all the Tai Chi moves." Paul, 61 yrs.

"My busy lifestyle has me rushing through the day. I value my Tai Chi time to stop me and let me be present in the moment. When I go back to work I accomplish more and I am relaxed too." David, 45 yrs.

"I can sit and stand with more strength in my legs, and stairs have become much easier with my new found strength." Susan, 72 yrs.

Port Hawkesbury Workshop – April 2016



ENERGY, VITALITY and HEALTH with Simple, Effective and Fun Weekly Classes

- * Increase balance
- * Improve energy
- * Relieve aches and pains
- * Find new friends

**Come and join us for a FREE class
to experience what we do.**

**"It is indeed ironic that often
times students who lack
confidence in their ability have
no shortage of confidence in their
inability." John Loupos, "Tai Chi
Connections".**

This program is supported by the Inverness
County Recreation Department and Wine
Country Tai Chi, Kelowna, BC.

Facebook us at: Tai Chi Cape Breton

Find more information and articles at
www.dancedebut.com



Energy * Vitality * Health

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Participating in Tai Chi can assist with:

Health Maintenance and Improvement

- Improve your present health.
- Increase **energy** and vitality.
- Have deeper and more restful **sleep**.
- Increase **circulation** and warm hands and feet.
- Gain more **flexibility** in joints and muscles.
- Improve **concentration** and **memory**.
- Improve **appetite**.
- Increase **lymphatic flow**.

Health Recovery

- Reduce aches and pains.
- Decrease inflammation.
- Open the lungs.
- Assist the heart.

Regular Moy Tai Chi Weekly Classes:

Mondays: Belle Cote Comm Hall 10 – 12 pm

10 – 10:45 Loh Kup, 10:45 – 11:40 Tai Chi (Standing and Sitting Form), 11:40 – 12:00 Sabre

Tuesdays: Judique Comm Ctr 6:30-8 pm

6:30 – 7:45 Tai Chi (Standing and Sitting Form), 7:45 -8 Sabre

Thursdays: Dalbrae Academy yoga room, Mabou,

7 – 8:30 pm (7 – 8 Tai Chi (Standing and Sitting Form), 8 – 8:30 Sabre

Fridays: Belle Cote Comm Hall 10 – 11 am practice session

Saturdays: Port Hawkesbury Civic Center Dance Studio 12:00 – 2:30 pm

12 – 12:30 Personal Practice session, 12:30 – 1:30 Tai Chi (Standing and Sitting), 1:30 – 2 Sabre, 2 – 2:30 Loh Kup

Cost: \$45 for 4 months. Classes run year round. Membership provides opportunity to share in any class provided in the above schedule.

Beginners welcome any time! The Seated Form is very helpful for movement challenges, strength difficulties and limited flexibility.

Master Moy Lin-Shin (1931-1998) was a Taoist monk who studied Tai Chi, Qi Gong, Lokhupbafa, Xing - I and Bagua in Hong Kong. Immigrating to Canada in 1970, he set up a martial arts school in Toronto. His teachings since that time have gone all over the world. He modified the Yang Style Tai Chi 108 Moving Meditation to meet the physical needs of his students in North America by adjusting the squaring of the hip and the length of the stretch. His Sitting Form has improved the lives of thousands of Health Recovery students by increasing flexibility, strength and mobility.

Tai Chi is natural rejuvenation through whole body movement, spiraling of tissue, and intention.

- Students work at their own pace, learning as they go.
- Patience and understanding for the body's need to relearn movement is essential.
- Once mastered, the form becomes more in-depth in self-discovery and healing.