



Tai Chi & Chi Kung Classes

**Jerome Brown
Center**

Tuesdays:

10:30-11:30am

The Benefits of Tai Chi & Chi Kung

Tai Chi and Chi Kung work with all fitness levels and physical conditions. Many movements can even be done from a sitting position. This exercise modality works all 654 muscles in the body and addresses all of our organs. It is a low to no impact form of exercise suitable for any and all levels of fitness or lack thereof.

IMPROVES these functions and more . . .

- Cardiovascular • Respiratory • Circulatory • Lymphatic • Immune • Digestive
- Balance • Flexibility • Core Strength • Focus • Concentration • Relaxation • Overall Health, Fitness & Energy levels

ASSISTS in . . .

Lowering blood pressure • Lowering stress/tension levels • Increasing range of movement • Reducing muscular tension AIDS in . . . disease prevention and chronic illnesses such as arthritis, diabetes, heart disease, stroke patients, Parkinson's, fibromyalgia & more

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