

*Empowering Through Gentle Motions*

# Virtual Adaptive Tai Chi Fitness Classes

For Veterans of all fitness conditions. Family members also welcome.

You are invited to participate in the Adaptive Tai Chi Chuan Classes conducted by a team of Tai Chi instructors in collaboration with the University of Tennessee at Chattanooga!

Tai Chi Chuan is a form of traditional martial arts, sports, and healing arts. The dynamic, gentle and flowing movements of Tai Chi Chuan makes it an ideal mind and body fitness activity for people of all physical conditions.



Funded by U.S. Department of Veterans and directed by Dr. Zibin Guo, this program is developed for Veterans across the country.

YouTube Video:



## HOW TO ENROLL

Please contact an instructor for Zoom invitation:

[zibin-guo@utc.edu](mailto:zibin-guo@utc.edu)

[beth.herring@adaptivetaichi.org](mailto:beth.herring@adaptivetaichi.org)

[karen-wilson01@utc.edu](mailto:karen-wilson01@utc.edu)

[chang-phuong@utc.edu](mailto:chang-phuong@utc.edu)

**Mondays:** 9:00 - 10:30 am

**Wednesdays:** 10:00 - 11:30 am

**Wednesdays:** 6:00 - 7:30 pm

**Thursdays:** 7:30 - 9:00 pm

**Saturdays:** 9:00 - 10:30 am

## *Sample Benefits of Tai Chi Chuan Practice*

- Helps maintain strength, flexibility and balance
- Promotes deep breathing
- Improves circulation
- Alleviates stress and anxiety
- Reduces Pain
- Improves sleep quality
- Lowers blood pressure