

# OCPR Tai Chi



Tai chi is a graceful, slow moving form of exercise whose ancient roots trace back into the depths of Chinese culture and philosophy of centuries past. A beneficial daily practice embraced by both young and old alike, its benefits include increased flexibility and more joint mobility, increased lung capacity, and greater leg and hip strength with an enhanced sense of balance.

Class Duration:	8 week session, beginning the week of Feb. 1
Class Hours:	Introduction to Tai Chi, 6:30~7:30pm, Tuesdays Intermediate Tai Chi, 6:30~7:30pm, Thursdays
Class Location:	Wellness Room Dogwood Village Senior Living Building 120 Dogwood Lane, Orange, VA 22960
Contact:	Orange County Parks & Recreation (540) 672-5435, <a href="http://www.orangecountyva.gov/parksandrecreation">www.orangecountyva.gov/parksandrecreation</a>
Class Fee:	\$95 per 8 week session

The first 8 week session of our “**Introduction to Tai Chi**” class will cover the first third of Cheng Man Ching’s simplified Tai Chi Ch’uan (37 posture form) based on the “Yang” style. A second Introduction session will complete this first third.

The “**Intermediate Tai Chi**” class will cover the remainder of the form. Completion of two Introduction Class sessions or significant Tai Chi experience is a pre-requisite for participation in this class. Three of these sessions completes the whole form.

This program is for all ages 18 and older. Continued 8 week sessions are planned, with completion of 5 sessions covering the whole form.

For more information about what will be covered, as well as general Tai Chi information, visit [www.floatingcloudtaichi.org](http://www.floatingcloudtaichi.org).

No uniform or special equipment is required. However, loose fitting clothing & soft, comfortable, flat-soled shoes are highly recommended.