

## Current Student Comments

“What I like about Tai Chi—it is gentle. I am exercising and relaxing at the same time. It is both a physical and a mental form of exercise. It is forgiving...If I make a mistake in the form, I can adjust and continue. Movements can be adapted to my needs and abilities. The only equipment required is me and something to help with balance with if I need it - chair, wall, counter, etc.

What I like about Tai Chi Class -

We have fun. You give attention to each student based on their needs. You introduce Tai Chi principles while we are learning and remind us of them along the way. Everyone goes at their own pace. Questions, comments and ideas are encouraged and respected.

Benefits I've experienced from Tai Chi -

Increase in balance and coordination. Increase in flexibility. Less achy joints. More relaxed overall. Putting tai chi principles into every day.

I've been learning Tai Chi for about a year and a half. I felt pretty awkward at first. Time in class and practice in-between and going at my own pace has helped me gradually get better with it. “ D.T.- 43

“It's something I'll be able to do well into old age—millions of Chinese and others prove it every day. While doing Tai Chi I'm focusing on the moment of doing it —my brain isn't filling itself with chatter about the day's events

It's beautiful to do – calming, relaxing and graceful. It's easy and difficult at the same time.

It's given me more awareness of my body- how it moves, how it settles into its own naturalness, how my breathing effects my whole body, how I can lower my blood pressure with a couple of minutes of breathing from the diaphragm.

It makes me use both sides of my brain- left side to sequence and remember the movements and right side to be in the moment and let it flow.

It's a great stress reliever for me.”  
D.M. -62



## Class and Registration Information

- Pre-registration is required. Class sizes will be limited because personal instruction is emphasized.
- Fee prices are for sessions. Elder discount available. Walk-In, First Try It and multiple classes per/session price discount.
- Wear loose fitting, soft and friendly clothes and flat, and well fitting shoes
- Please consult your medical professionals before starting a new exercise program.

### Senior Center Classes

These classes offer a seated to standing progression & modification of Tai Chi For Arthritis for those who cannot or do not want to attend studio classes.

### Who is Community Tai Chi?

Cathi Knauf, BSN, has over ten years of experience teaching tai chi. In 2011 she was selected as a Senior Trainer and in 2015 is now a Master Trainer with the international Tai Chi For Health Institute promoting health and wellness tai chi programs.

Weekend workshops include Tai Chi for Health Programs Certified Instructor courses and other tai chi, qigong styles.

She teaches Tai Chi For Arthritis, In Depth & Seated and Fall Prevention; Tai Chi for Diabetes; Arthritis Foundation Tai Chi Program; Chinese Medical Qigong, Sun 73 form, Yang style 24 and 40 form and the combined 42 style.

Cathi is a partner with the Arthritis Foundation Exercise Alliance, Michigan Chapter and is a member of the Tai Chi for Health Community.



## Exercises for Health & Wellness

Center for Disease Control approved programs for Balance and Fall Prevention

### Offering Classes in Sun and Yang Style Tai Chi & Qigong



### Studio Located in the Penstar Office Center

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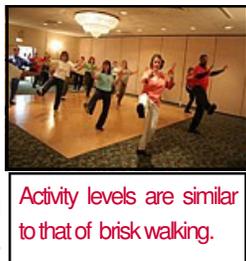
## What is Tai Chi?

Tai Chi originates from ancient China. Over 300 million people throughout the world practice it as an effective exercise for health and wellness of mind and body.

Tai Chi is set of gentle, fluid and circular movements that are relaxed and slow in tempo. The breathing is deep and slow, aiding concentration and relaxation.

Though the movements are slow, the body is working to open and loosen the joints and muscles. Proper alignment begins in the feet, knees and hips. This creates a solid center of gravity and balance. With each step and gradual shifting the weight from foot to foot, relaxation or 'sinking' into the ground is learned.

As muscles let go and the shoulders soften, the upper torso moves in harmony with the lower body. A tremendous amount of inner energy and strength is developed during this process and is used for health and wellness.



## Who Can Participate?

Anyone can learn Tai Chi. No one is too old or too young or even too uncoordinated. Everyone learns at their own pace and comfort level. Tai chi is used to complement other exercise programs and cross train.

Tai Chi is endorsed by Center of Disease Control, Area Agencies on Aging, Mayo Clinic, Harvard Medical School, Arthritis Foundation, WHO, National Parkinson and MS Foundations, and many other organizations.



## What Are the Benefits?

Consistent Tai Chi practice **improves:**

- \*Balance and reduction of falls
- \*Muscular strength and flexibility
- \*Fitness and stamina
- \*Increased Immunity
- \*Levels of pain and stiffness
- \*Relaxation and ability to cope
- \*Posture and body awareness
- \*Concentration and memory
- \*Feelings of well being
- \*Sleep

☯ Tai Chi movements emphasize the importance of weight transference, which helps balance and prevents falls.

☯ Traditional Chinese medicine believes that Qi is the life energy that circulates throughout the body, performing many functions to maintain good health.

\*Based on documented research; and advice from health and exercise experts on what constitutes as an effective exercise program .

**All classes:** contain warm ups, cool downs and qigong sets added.

## Sun Style Tai Chi

Characterized by agile steps— whenever one foot moves forward or backwards the other foot follows which helps with balance. It contains unique and powerful Qigong movements that is especially effective for healing and relaxation. Easy to learn.

## Sun Short Form or Tai Chi for Arthritis Or Tai Chi for Healthy Joints

12 movements, 6 basic and 6 advanced, are learned in two directions. For progression 9 new movements are added in two directions. For at total of 41 moves.

**Sun 73**—Longer with fun challenges, spiral and martial energy. Postures are modified for students' ability or body.

**Tai Chi for Energy**— a fun combination of Sun and Chen (vigorous, martial, spiral)

## Yang Style Tai Chi

The movements are soft, gentle and flowing with longer stances.



Yang is a classic form. It is more vigorous and complex than the Sun Short Form.

**24 form**— most popular standardized form in the world. Stance is higher than more traditional forms but contains energizing movements that promote relaxation and healing. Martial explored.

**42 form**— contains Yang, Sun, Chen and Wu movements for fun complex movements with spiral & martial energy!