

# 10 REASONS TO TAKE UP TAI CHI



1. Increased flexibility and reduced risk of injury - Improvements in posture alignment, strength and flexibility have been attributed to Tai Chi. Its slow circular movements allow for gentle stretching and warming up of muscles, tendons and ligaments and are often compared to continuous passive movement which is used to increase the speed of healing.
2. Focused breathing and concentration - A primary component of Taichi is the rhythmic breathing that creates a relaxed state of mind and body thereby improving blood circulation. During Tai Chi practices, oxygenated blood flows to the muscles and brain.
3. The mind-body connection - Rather than mindlessly going through the motions, Tai Chi requires you to focus all of your energies on performing each movement precisely. Tai Chi movements and rhythmic breathing together, dissipates stress and anxiety.
4. Greater strength and stamina - Taichi helps to generate the inner energy, which revitalizes the physical system, promotes strength and stamina as well as flexibility and relaxation. The slower the tempo and the lower the movement posture, the greater the strength and endurance benefit that can be achieved.
5. Fewer muscle imbalances - Those who are new to Tai Chi may notice muscle and flexibility imbalances throughout the body, which is often the primary cause of body aches and soreness. Tai Chi movements are specially designed which consists of carefully coordinated natural body movement to help correct these imbalances over time. Proper posture alignment and movement patterns are key elements in achieving this.



6. Better balance and stability - Balancing requires you to engage the core stabilizer muscles, which can help improve overall stability. Practicing Tai Chi will help you acquire better balance and stability to prevent falls and injuries.

7. Improved posture - Tai Chi helps to strengthen and open up tight areas such as the shoulders and muscles of the upper back, which is necessary for good posture.

8. Greater kinesthetic body awareness - Tai Chi requires you to contract and/or relax specific muscles during practice, thereby increasing kinesthetic awareness of the body's strengths and weaknesses.

9. Stress reduction - Tai Chi helps soothe the mind and lower stress levels by focusing the mind on the inner self and the Tai Chi movements rather than on external distractions.

10. Cross-training benefits - Tai Chi combines flexibility, strength training, agility and balance that works as a perfect fitness routine.

**Scientific investigation has shown that the physiological, psychological and social benefits that develop through regular practice of Taichi are long lasting**