



## **Mid Island Tai Chi Club**

### **Fall 2024 Classes**

### **Nanoose Bay**

#### **NANOOSE PLACE**

#### **By Donation Tai Chi Classes:**

**INTRO TO TAI CHI (8 classes)      Thursday (Sept 12 – Oct 31)      10:00 - 11:30am**

Learn the first 17 moves of Tai Chi and start to practice the key principles of Tai Chi to cultivate energy, strength, balance, focus, and relaxation.

Note: Registrants can donate for the full set of 8 classes upon registration to support commitment and continuity of practice.

**CONT'G BEGINNERS TAI CHI      Thursday (as of Nov 7)      10:00 – 11:30am**

Learn moves 18 through 108 of the Tai Chi long form set.

**FOUNDATIONS OF TAI CHI      Thursday (as of Sept 12)      10:00 - 11:30am**

This class focuses on the building blocks that form the foundations of Tai Chi — including balance, coordination, flexibility, strength, and awareness. The emphasis is not the 'Set,' but rather the principles of movement. This class will run with a continuous intake, meaning students can join this class at any point. Suitable for continuing students as well as continuing beginner students.

**SEATED TAI CHI      Tuesday (as of Sept 3)      10:30 - 11:30am**

This class is helpful for everybody, and especially students with health and mobility issues. While seated in class, students learn movements which help to increase circulation, as well as to improve joint mobility, and to stretch the tendons and ligaments. Additional exercises to stretch the back and spine are also introduced to begin increasing overall flexibility, balance and strength.

Schedule drafted on 9/15/24; subject to change. Ps refer to Mid Island Tai Chi Club's website [midislandtaichi.org](http://midislandtaichi.org) for more details and the latest schedule. For inquiries, Tel: 778 744-0413, Email: [admin@midislandtaichi.org](mailto:admin@midislandtaichi.org)