



Mid Island Tai Chi Club
Winter 2024/25 Classes
Nanoose Bay

NANOOSE PLACE

By Donation Tai Chi Classes:

CONT'G BEGINNERS TAI CHI Thursday 10:00 – 11:30am

This class is a continuation class for beginners who started with the Intro to Tai Chi class (first 17 moves). In this class, students can continue their learning of the Tai Chi long form set up to move 108.

FOUNDATIONS OF TAI CHI Thursday 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 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 11/19/24; subject to change. Ps refer to Mid Island Tai Chi Club's website midislandtaichi.org for more details and the latest schedule. For inquiries, Tel: 778 744-0413, Email: admin@midislandtaichi.org