

Mindful Movement a Therapeutic Taijiquan Program 2019-20



by sifu Dennis Pounall

Tai Chi is one of the ancient Chinese martial arts developed for self-defense, disease prevention, and stress reduction through meditation and movement. The true original name of the system is **TAIJIQUAN** : **TAI** meaning (Tao path or way, or method) **Chi** (Qi- Vital force or innate subtle energy,

and **Quan** meaning (Fist) “or self directed method of self control. Tai Chi is practiced for its many health benefits and is one of our numerous wellness Mind Body Programs we offer to help keep our members healthier, happier and more active in there daily lives.

What makes Therapeutic Taiji different from Recreational Taiji practice?

This program is delivered over 8 weeks with a focus on calming the mind, coordinating the breathing , improving body awareness, increasing Balance, and Joint Mobility, Enhance Postural awareness.

Develop better memory mapping. muscular endurance and cardio respiratory efficecny..

The focus is not on learning the “form/ set” or sequence (But more on how, and why the movement is essentials. AND HOW DO YOU connect with yourself and your body. and what is proper coordinated “BREATHING” and WHY IT feels good. and the joy of active movement.

Here is a overview of the Introductory Program

- **Week One : Introduction to fundamentals of TaijiQuan**
- **Week Two : Warm up exercises and balance skills**
- **week Three : Meditation fundamentals and breath work**
- **week Four: Structure and movement skills flexibility work**
- **week Five: Refeining movement skills, Breathing and movement**
- **week Six :refining movement skills coordination and alignment**
- **week Seven :Memory feeling and flow and awareness**
- **week Eight: stability in motion relaxation and cordination.**

This is a exercise program so expect to sweat and expect to work AND EXPECT TO FEEL GOOD..

The end result produced by ***Tai Chi is a mental and physical calmness generated in a completely***

natural way. Tai Chi also helps keep emotions more in balance, reducing the need to succumb to unhealthy coping techniques such as addiction. The ability to handle stress improves, as does the sense of feeling more centered and grounded to handle life's challenges.

Conclusion: Taiji quan is a self directed system for Rejuvenation, Relaxation, and ReEnergisation, PROGRAM that can benefit people of various levels of health and fitness interest.

The environment recommended is one of tranquility and harmony this is designed to promote well being peace and clarity of individual purpose as well as fun and social well being.



Instructor: **Sifu Dennis Pounall** C.T.I.

Come by and join us, take a class and share the peace!!!