

# 太極

Tai

Chi

## Tai Chi Basic 太極初級班

Based on the Sun style, the Tai Chi Program is a low impact physical activity program that includes gentle movements suitable for people of all ages, mobility, ability and fitness levels with any form of arthritis. Tai Chi for Health Institute certified instructors are trained on how arthritis affects the body, arthritis safety principles and the approved forms. Classes don't require deep bending or squatting, are one-hour long and may be done seated or standing. Improve your qi today!

### Benefits:

- Increase range-of-motion, strength & flexibility
- Improve posture
- Better breathing
- Greater relaxation and
- More energy

### Detailed Information 詳細資料

<b>Instructor 導師:</b>	Stella Ip
<b>Language 語言:</b>	Cantonese 粵語
<b>Date 日期:</b>	6/1 - 7/13/2023 Every Tuesday and Thursday 逢星期二, 星期四
<b>Time 時間:</b>	10:00am - 11:00am 上午10時至11時
<b>Location 地點:</b>	三藩市Stockton街1520號606室 (1520 Stockton Street, Room 606, San Francisco, CA 94133)
<b>Fee 費用:</b>	Free 免費

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**Spanish** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

**Chinese** 注意: 如果您使用中文, 您可以免費獲得語言援助服務。請致電(415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

**Vietnamese** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).



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## BETTER HEALTH & BETTER LIVING 改善健康 改善生活

- **Tai Chi For Health Institute Certified**  
太極健康協會認證
- **Doctor Recommended**  
醫生推介
- **Participant Loved**  
參加者喜愛

源於孫式太極，太極課程是一個低強度的運動，所包含的溫和動作適合各年齡，各程度活動能力，不同健康水平以及患有不同類型風濕病的人士。課程導師接受專業訓練，了解風濕病對身體的影響，風濕病運動的安全準則，和太極健康協會認可的太極動作。每節課程一小時，無需彎腰或蹲下，可以坐著或站著完成。從今天起改善您的氣！

### 好處:

- 增加活動範圍、強度和關節靈活性
- 改善體態
- 呼吸更加暢順
- 更好的放鬆
- 更有活力



Contact Health Education 聯絡健康諮詢部:  
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