

# 太極

# TAI

# CHI

## 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

### 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

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



### 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>	4/2 - 5/21/2025 Every Wednesday and Friday (逢星期三及星期五)
<b>Time 時間:</b>	9:30am - 10:30am 上午9時半至10時半
<b>Location 地點:</b>	369 Broadway Street, San Francisco, CA 94133 三藩市百老匯街369號 (余河小學對面)
<b>Fee 費用:</b>	Free 免費

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**Spanish** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 415-391-9686 ext. 8160 (TTY: 1-800-735-2929) o hable con su proveedor.  
**Chinese** 注意：如果您說中文，我們可為您提供免費語言協助服務，也可免費提供適當的輔助工具與服務，以無障礙方式提供資訊。請致電 415-391-9686 轉內線 8160 (TTY: 1-800-735-2929) 或與您的醫生討論。  
**Vietnamese** CHÚ Ý: Nếu bạn nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các hỗ trợ dịch vụ phù hợp để cung cấp thông tin theo các định dạng dễ tiếp cận cũng được cung cấp miễn phí. Vui lòng gọi theo số 415-391-9686 ext. 8160 (Người khuyết tật: 1-800-735-2929) hoặc trao đổi với người cung cấp dịch vụ của bạn.