



Tai Chi for Health, Longevity and Stress Reduction

Tai Chi Fundamentals & Qigong Class

1:30 - 2:15 Qigong / 2:15 - 3:00 Cheng Man-Ching Tai Chi Form

Qigong class is an \$8 drop-in fee (no monthly rate)

Qigong and Form class is a \$16 drop-in fee, or a \$55 monthly fee

16 Ferry Street, S. Grafton, MA

774-275-0614

www.defensewisemartialarts.com

What is Tai Chi?

Tai chi chuan (taijiquan) is a Chinese martial art that is also a superb exercise for health. Suitable for all ages, its gentle movements integrate body, mind and breathing in a way that has profound effects on physical, mental, emotional and spiritual well-being.



Recent medical studies have shown tai chi can have a significant impact on a variety of health conditions. Tai chi can:

- Help manage or prevent cardiovascular disease, including high blood pressure and chronic heart failure
- Improve balance, bone health and musculoskeletal strength and flexibility
- Reduce levels of stress hormones and enhance overall immune function

About the Instructor

In addition to his classes at Defense-Wise, Stanwood Chang teaches Cheng Man-Ching tai chi at the **Tree of Life Tai Chi Center** in Somerville, founded by Dr. Peter Wayne. He also teaches Dr. Wayne's Tree of Life tai chi curriculum at the **Benson Henry Institute for Mind Body Medicine** and the Cambridge Park Office Park (corporate tenants only). Stanwood is a graduate of the Tree of Life Teacher Training program, and also studies Sun style tai chi with Master Thomas Duterme and Chen style tai chi with Master Wang Haijun. He is the founder and director of the **Sun Tai Chi Institute of Boston**. Stanwood's mission is to inspire others to integrate tai chi into their lives as a way to improve their health, happiness and complete well-being.

