

Seated Tai Chi for Arthritis
World Tai Chi and Qigong Day
April 25, 2015
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Who?

- Literally anyone that can remain in a seated position for 30 minutes.
- Although the title says “for Arthritis”, this form is not limited to people that have arthritis. This form has been used successfully in programs for people with MS, Parkinson’s, dementia, Fibromyalgia, and many other conditions.
- It’s also a great starter form for students who may eventually progress to the standing form.
- Aspects of this form can also be incorporated into standing classes. It can provide more focused attention on a certain movement or give the opportunity to rest a little while still staying engaged in class.

What?

- Tai chi in a chair.

When?

- Any time!
- During a break at work.
- First thing in the morning to loosen up the body and get you moving.

Where? (See the next page for more information.)

- Community Centers
- Schools
- Hospitals
- Assisted Living Centers
- Airplanes
- Rehabilitation Facilities
- Your living room

Why ?

- Because the health benefits of tai chi should not be limited to people who can stand for an hour long class.
 - Improves balance
 - Builds core strength
 - Provides a social experience
 - Increases mobility
- Because students that can stand for longer periods of time can still learn a lot about their bodies and the form in a seated position.
 - For example, I like my standing students to feel what cloud hands is like in a chair. It improves the standing form.

Seated Tai Chi in the Twin Cities

- Tai Chi Sun Style
Monday evenings
June 22-Aug. 3
Rosemount Middle School
<https://district196.ce.feepay.com/course/adult-summer-2015/tai-chi-sun-style>
 - My Tai Chi Sun Style class through District 196 provides opportunities for seated participation. If you will need to be seated for most of the class, make sure to indicate that when you enroll.
- Chair Tai Chi
Wednesdays 11:00am
May 6 - June 29; July 8 - Aug 26
Burnsville Senior Center
952-707-4121 or www.communityed191.org
Linda Ebeling and Bruce Tyler, instructors

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Click on the Tai Chi tab to learn more about current class offerings.