



Avera
St. Luke's Hospital

305 South State Street
Aberdeen, SD 57401

Tai Chi

“Flow Motion”



Avera St. Luke's Hospital
Midland Campus
B Wing
1400 15th Ave NW
Aberdeen, South Dakota 57401

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St. Luke's Hospital

Sponsored by the Benedictine and Presentation Sisters

TAI CHI

“Flow Motion”

What is Tai Chi?

Tai Chi is an ancient traditional Chinese form of movement and martial art developed over 3,000 years ago. The Tai Chi exercise system is practiced around the world today for its diverse health benefits. Tai Chi is a kind of contemplation through movement, a form of meditation with movement. The movements, performed in slow motion, smoothly link various postures with flowing arm gestures while continually shifting weight from one leg to the other.

The practice of Tai Chi...

- Increases strength, endurance, flexibility and stamina
- Increases coordination and balance
- Strengthens immune system
- Balances body, mind, spirit
- Stimulates healing of joints, muscles and internal organs

Tai Chi is:

- Easy practice at any level of fitness
- Known to reduce blood pressure
- Endorsed by the American Medical Association

Objectives:

- Define Tai Chi and Mind-Body Exercise.
- Discover the benefits of Tai Chi
- Establish 6 Basic Principles for Practice
- Demonstrate the basic Tai Chi Flow Motion movements

Style:

There are various styles of Tai Chi formulated through different Chinese ancestry. The style used in this class is “Yang” style as taught by David-Dorian Ross, internationally known lecturer, author, and teacher of mind-body fitness.

The Tai Chi Flow Motion workout meets a wide range of needs especially balance and coordination. Relaxation is also a key element in this energy exercise.

No special clothing or footwear necessary.

Where & When:

Classes are held regularly through Avera St. Luke's and the Parks, Recreation & Forestry Department. For more information contact Vicki at 605-622-5979.

About the Instructor

Vicki Holley is a certified Tai Chi Instructor and Mind/Body Personal Trainer. She has a bachelor's degree in Fitness Management from Northern State University. She is an ACE-certified Personal Trainer and an Ai Chi instructor. Ai Chi is a Japanese warm water exercise and relaxation program based on Tai Chi principles.

