

## Benefits of Tai Chi

- Increase strength, balance and posture
- Relieves stiffness and joint pain from arthritis
- Prevents falls
- Improves mind, body and spirit
- Reduces stress
- Increases relaxation and improves sleep
- Improved cognition and concentration

Tai Chi begins with warm-up exercises. The leader then demonstrates one or two movements per lesson. You will be encouraged to learn the movements correctly and slowly, working within your own comfort zone to ensure safety and benefit. Tai Chi can be easily practiced from the seated position.



### TNC Bathurst

Mon—Fri 9.00am—4.30pm

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Communities  
& Justice



Tai Chi  
For Body Mind Balance

*Supporting inclusive  
and strong  
Communities*

*We acknowledge the Wiradjuri people, the traditional custodians, and recognize their continuing connections to the land, water and community. We commit to working with all Aboriginal and Torres Strait Islander peoples and cultures, to help strengthen our communities and support social and emotional wellbeing.*



## Tai Chi For Body Mind Balance

**Where:** The Neighbourhood Centre,  
96 Russell St, Bathurst.

**When:** Every Wednesday at 11.00am.

**Cost:** \$10 per class

BOOKINGS ESSENTIAL. 02 6332 4866

“I really enjoy it, its calming, makes me feel good. I've even noticed it improving my balance...”

*Participant 2022*



## Tai Chi sessions

Tai Chi for Body Mind Balance provides gentle exercise programs for healthy living for all ages and for seniors and those with health and mobility challenges.

Tai Chi is evidence based for falls prevention and builds strength, flexibility and improves balance, cognition and immunity. Tai Chi for Body Mind Balance aims to promote the benefits of Tai Chi to empower individuals to improve their own health and wellbeing.



## Tai Chi for Mums and Bubs

Tai Chi for new mums and bubs is a program that delivers fun and functional movement and interactive tai chi play experience for new mums with bubs from 6 weeks to 6 months old (pre-crawlers). Tai Chi allows you to enjoy the benefits of gentle movement, encouraging breathing, toning and relaxation and promoting a bond between mum and baby. Tai Chi can be practiced in standing or from a seated position.

It is safe to commence after the 6-week postnatal check or after 8 week for C-section.

Please note there is no expectation for your baby to behave in a certain way. We are all in the same boat. You are welcome to feed and change baby before, during and after class.

Please bring a rug or playmat for your baby.