

## HEALTH BENEFITS FROM PRACTICING TAI CHI & MEDICAL QIGONG

- Improved mental well-being;
- Improved balance, flexibility and daily physical functioning;
- Improved self-confidence in performing daily activities; and
- Enhanced overall health

## REGULAR PRACTICE SCHEDULE

- **How often?** Practice three to five days a week including the time spent in a class.
- **How long?** Begin with as much time as you need initially if you are on your own, with the goal of working towards 25-30 minutes each session.
- **How many repetitions per form?** Practice each single form for eight to ten times or as needed.

## A WORD ABOUT BREATHING AND TAI CHI

- Deep breathing is an integral part of Tai Chi, however, emphasis on deep breathing in the early stages of learning and practice can cause unnecessary distraction.

- In general, breathing should be done naturally using your practice rhythm.
- As a general rule: Inhale deeply through your nose as you extend your arms outward or upward and exhale through your nose as you contract your arms or bring them downward.



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## Tai Chi & Medical Qigong Program





## TAI CHI & MEDICAL QIGONG

*Tai Chi & Medical Qigong is an ancient and modern body-mind-spirit practice from China dating back 3000 years. People intuitively knew that feeling bad, being sick or in pain was somehow associated with a lack of movement in the body, mind and spirit. An understanding developed that feeling good, being well and reducing pain was connected to motion, the state of their emotion and spiritual awareness. Stagnation equals illness. Movement creates wellness. Therefore, ancient people included dance and other forms of physical movement and spiritual expressions to create changes in the energy (Qi) of their bodies. Those changes were experienced as releases of old, blocked energies, stuck physical patterns, emotional and spiritual feelings followed by a return or enhancement of their overall health and well-being.*

The traditional way to do Tai Chi & Medical Qigong practice was for the TCM practitioner to first assess the patient's physical and psycho-spiritual state of health and then teach him/her specific physical and psycho-spiritual exercises that can improve their health, lifestyle and alleviate their condition.

## TAI CHI & MEDICAL QIGONG IS USUALLY TAUGHT IN SEVERAL STEPS:

- **Step 1:** Basic mechanics of the particular exercise is demonstrated and the patient learns actual physical movements of that exercise.
- **Step 2:** Specific breathing protocol is introduced once the patient is comfortable with the learned physical movements. The physical exercise movements provided are then coordinated with breathing.
- **Step 3:** Focused mental intention is introduced next, where the patient mentally focuses on particular parts of the exercise provided and combines physical movements, breathing and mental visualization. Thus, this combined approach then works together on balancing all of the aspects of the patient's health and well being.

Specifically, The “**8 Movements Form**” used in the Tai Chi program, is derived from the traditional, well-known, “**24 Movements Form**” stemming from Yang Style of Tai Chi. This form is tailored to adults who wish to improve balance, flexibility, mobility, and overall wellness.

All Tai Chi & Medical Qigong forms adhere to the fundamental principles of traditional Tai Chi & Medical Qigong practice that involve weight-bearing and non-weight-bearing stances, posturally correct body alignment, and coordinated movements performed in a slow, continuous, circular, and flowing manner.

Furthermore, physical performance of the Tai Chi & Medical Qigong forms are closely coordinated with natural breathing; that is, each single movement is paired with the natural inhale and exhale breathing cycle.

The “**8 Movements Form**” is carefully arranged in a progression from easy to follow movements to more difficult ones over the course of the 7-15-week program on a once, or twice a week attendance frequency.