



ALYSE HENRY

WELLNESS SPECIALIST

Bachelor of Science Exercise Physiology
Master of Science Kinesiology

We have exciting news! We're adding to our line of services. Coming in September we will be offering small group and one-on-one Tai Chi sessions.

Philosophy of Tai Chi

Tai Chi is believed to have been developed in the 17th century by a Taoist monk named Zhang Sanfeng, although its exact origins are debated. It is deeply rooted in Taoist philosophy and principles, emphasizing the balance of Yin and Yang (opposing yet complementary forces) and the cultivation of Qi (vital energy) within the body.

Brief Explanation

Tai Chi is typically practiced in a series of choreographed movements called "forms." These forms consist of a sequence of flowing, deliberate movements performed in a slow and controlled manner. Each movement flows seamlessly into the next, promoting relaxation, balance, and mental focus.

Benefits of Tai Chi

Tai Chi is renowned for its numerous health benefits, both physical and mental. Regular practice is believed to improve flexibility, balance, coordination, muscle strength, and cardiovascular fitness. It has also been shown to reduce stress, anxiety, and depression, while enhancing overall well-being.

For More Information
Call our Office at: (239) 689 - 9605



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