



**Tai Chi
River**

Motion and Balance For Health and Relaxation

Peter Hodes – Founder and CEO

www.TaiChiRiver.com

(615) 788-2088

Info@TaiChiRiver.com

Tai Chi River is a Nashville-based school dedicated to teaching
this ancient art for its HEALTH BENEFITS!

What is Tai Chi... and WHY should I care??

There is a general lack of awareness and understanding about the ancient practice of Tai Chi Chuan - Supreme Ultimate Boxing. People know Tai Chi as a slow-moving exercise often seen in medical commercials performed by people looking happy and peaceful. There is a vague recognition that it is somehow “like Yoga” and “good for you” and that is about it!!

Tai Chi is an easy-to-learn routine that is proven to improve health, balance, and relaxation. Tai Chi is very low impact and can easily be done by everyone including seniors and people with illnesses and injuries. In fact, it is a great exercise for these types of people due to the extraordinary health benefits that result from continued efforts. At the same time, advanced Tai Chi as a martial art can easily challenge practitioners for decades as a working self-defense system.

Low impact exercise for everyone

Easy-to-learn and improves memory

Gentle movements with no sweating or straining

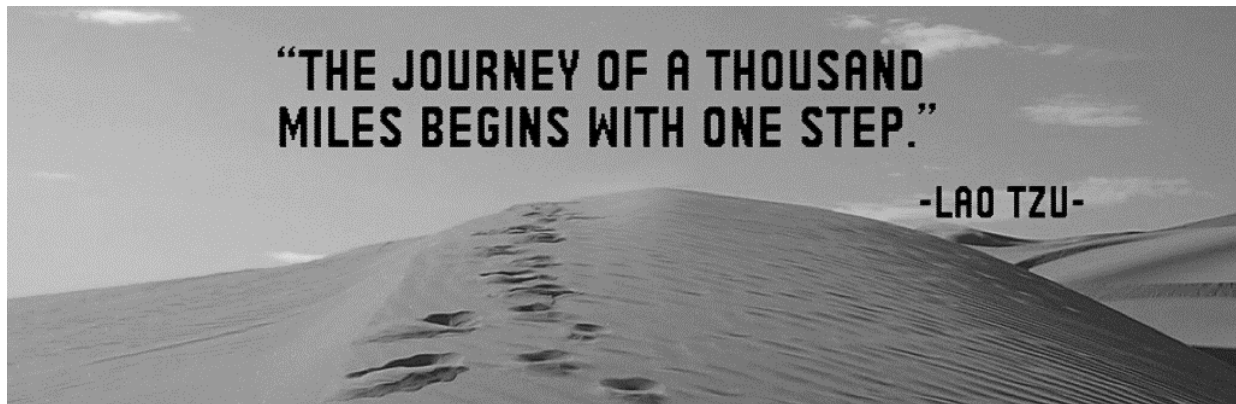
No special clothing needed

Encouragement to take breaks

Guaranteed to make you feel better!!

Tai Chi is NOT Yoga

Though these two physical practices share many similarities, they have very different origins. Tai Chi is from China while Yoga is from India. Tai Chi is a physical martial art focused on movement, while Yoga is often on the ground using stretching postures and unusual positions.



There has been significant medical research on Tai Chi recently, and the results have been overwhelmingly positive.

Better Balance

Reduction of Stress

Increased Brain Size

More Energy and Stamina

Improved Memory

Lower Blood Pressure

Heightened Agility

Better Sleep Quality

Tai Chi River Principles

Tai Chi River is a blend of ancient instruction methods with American-style communication and explanations.



Safety – We encourage participation, but we want everyone to be safe and enjoy Tai Chi. Safety is a priority and we keep everyone well within their range of motion and their comfort zone.

No Pain - Do not do any movements or postures that cause you any pain or discomfort. Move only as much as you can comfortably and safely.

Low Impact - Tai Chi should not cause stress, tension or pain to any part of your body. There should be no jarring or twisting of the joints, and no stretching beyond your normal range of motion.

No Sweating - If you begin to sweat, please take a break and sit down. Tai Chi is a ‘soft’ martial art and all about relaxing. Sweating means that you are working too hard.

Playing Tai Chi - At Tai Chi River, we take our art very seriously, but we believe that Tai Chi must be practiced joyfully and with a smile. We want classes to be filled with fun and laughter while we also have long moments of silence for internal concentration.



A Comprehensive Review of Health Benefits of Qigong and Tai Chi

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3085832/pdf/nihms281835.pdf>*

Objective - Research examining psychological and physiological benefits of Qigong and Tai Chi is growing rapidly. The many practices described as Qigong or Tai Chi have similar theoretical roots, proposed mechanisms of action and expected benefits. Research trials and reviews, however, treat them as separate targets of examination. This review examines the evidence for achieving outcomes from randomized controlled trials (RCTs) of both.

Results - Seventy-seven articles met the inclusion criteria. The 9 outcome category groupings that emerged were: bone density (n=4), cardiopulmonary effects (n=19), physical function (n=16), falls and related risk factors (n=23), Quality of Life (n=17), self-efficacy (n=8), patient reported outcomes (n=13), psychological symptoms (n=27), and immune function (n=6).

Conclusion - A compelling body of research emerges when Tai Chi studies and the growing body of Qigong studies are combined. The evidence suggests that a wide range of health benefits accrue in response to these meditative movement forms, some consistently so, and some with limitations in the findings thus far. This review has identified numerous outcomes with varying levels of evidence for the efficacy for Qigong and Tai Chi, including bone health, cardiopulmonary fitness and related biomarkers, physical function, falls prevention and balance, general quality of life and patient reported outcomes, immunity, and psychological factors such as anxiety, depression and self-efficacy. A substantial number RCTs have demonstrated consistent, positive results especially when the studies are designed with limited activity for controls. When both Tai Chi and Qigong are investigated together, as two approaches to a single category of practice, meditative movement, the magnitude of the body of research is quite impressive.



HARVARD MEDICAL SCHOOL

The Health Benefits of Tai Chi

<https://www.health.harvard.edu/staying-healthy/the-health-benefits-of-tai-chi>

Tai chi is often described as "meditation in motion," but it might well be called "medication in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health. In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions — for example, "white crane spreads its wings" — or martial arts moves, such as "box both ears." As you move, you breathe deeply and naturally, focusing your attention — as in some kinds of meditation — on your bodily sensations. Tai chi differs from other types of exercise in several respects. Tai chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery.

"A growing body of carefully conducted research is building a compelling case for tai chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age," says Peter M. Wayne, assistant professor of medicine at Harvard Medical School and director of the Tai Chi and Mind-Body Research Program at Harvard Medical School's Osher Research Center. An adjunct therapy is one that's used together with primary medical treatments, either to address a disease itself or its primary symptoms, or, more generally, to improve a patient's functioning and quality of life. Although tai chi is slow and gentle and doesn't leave you breathless, it addresses the key components of fitness — muscle strength, flexibility, balance, and, to a lesser degree, aerobic conditioning. Here's some of the evidence:

Muscle Strength - Tai chi can improve both lower-body strength and upper-body strength. When practiced regularly, tai chi can be comparable to resistance training and brisk walking. "Although you aren't working with weights or resistance bands, the unsupported arm exercise involved in tai chi strengthens your upper body," says internist Dr. Gloria Yeh, an assistant professor at Harvard Medical School. "Tai chi strengthens both the lower and upper extremities and also the core muscles of the back and abdomen."

Balance - Tai chi improves balance and, according to some studies, reduces falls. Proprioception — the ability to sense the position of one's body in space — declines with age. Tai chi helps train this sense, which is a function of sensory neurons in the inner ear and stretch receptors in the muscles and ligaments. Tai chi also improves muscle strength and flexibility, which makes it easier to recover from a stumble. Fear of falling can make you more likely to fall; some studies have found that tai chi training helps reduce that fear.