

Tai Chi River

Most people have no idea what Tai Chi is??? This ancient practice is based on slow relaxing movements that bring health and vitality to every practitioner. Here at Tai Chi River, beginners are always welcome to come and learn. It does not hurt, and it is safe for everyone!

Students learn to breathe better for improved health. Students learn about gravity, posture, and balance for fall prevention strategies. Students learn to relax and calm the 'monkey-mind' to enjoy life by removing tension.

Tai Chi Starter Checklist - Everything for a great Tai Chi experience!

Safety First

Nothing in Tai Chi should ever HURT! Take it easy and stay within YOUR person range of motion. You should never move beyond 70% of your own personal range of motion.

Use a Chair

Beginners and people working on balance should keep a chair nearby for stability and safety. Everything can also be done seated in the chair, so sit if you want.

Take a Break

Stop if you are uncomfortable in any way. Don't push it too far or too much or too long. Just stop and wait and get settled.

Watch and Then Join

For each movement, watch me do one or two to learn how and then join in for the continuation.

Focus on the Breath

If you get lost, anxious, or begin overthinking, just let it GO!!! Come back and focus on the long slow deep breathing. This is the MOST important part.

Have Fun Moving

Don't worry if your movements are right or wrong. It does NOT matter. Just move slow and continuous and keep breathing deeply... with a smile!