

## Tai Chi for Beginners

The "6 Easy Steps" is a gentle yet firm first step for your journey to better health and harmony. Starting with warm up exercises, progress steadily to Step 6 the entire set, This program takes you on an enjoyable journey for better health and harmony through the power of Tai Chi.

### The Benefits:

- Improve your health and quality of life
- Enjoy the gentle tai chi movements
- Improve relax and harmony
- Enjoy learning an art that you can continue to grow and progress
- Improve muscular strength, fitness and flexibility
- Enjoy camaraderie of tai chi friends
- Improve balance and confidence



### How to Learn Tai Chi for Beginners?

Learning tai chi can be a most enjoyable and rewarding experience. As you embark on your journey to learn tai chi, take the time to find the best and enjoyable way for you. If your reason for learning tai chi is to strengthen your body, improve your mental balance and add harmony to your life, then this program is an ideal starting point.

1. Join a class with a Tai Chi for Beginners certified instructor.

Alternatively you can use Dr Lam's step-by-step instructional DVD Tai Chi for Beginners and the book Tai Chi for Beginners and the 24 Forms.

2. Persevere with your practice. Give yourself time to absorb and understand the essential principles of tai chi - this will enable you to enjoy your practice, gain health benefits and progress steadily.

3. Consider finding a teacher if you have not joined a class yet.

4. Keep an open mind to different aspects of tai chi. You can use Dr Lam's tai chi books and articles to learn more about tai chi and join in our discussion forum.



Please contact Jennifer @9666 3375 for more detail  
Email: [taichisy@gmail.com](mailto:taichisy@gmail.com), [jennifer@taichi.sg](mailto:jennifer@taichi.sg)  
Web Site: <http://taichi.sg>, <http://taichiforhealthinstitute.org>