

What is Seated Tai Chi for Arthritis?

This modified seated version of Tai Chi for Arthritis can be enjoyed by anyone wishing to practice tai chi sitting down. People with almost any chronic condition can learn to improve their health and mobility. This safe easy-to-learn program relieves pain and improves health and quality of life.



Many people wanted to try tai chi, but mobility issues caused them to hesitate.

Dr Paul Lam and his team of medical and tai chi experts designed this program to give them a safe and effective way to learn; it will also provide health benefits and improve almost anyone's quality of life.

Based on the Sun style of tai chi, Seated Tai Chi for Arthritis (Seated TCA) is easy to learn, effective and safe. It improves flexibility, muscle strength, increases heart/lung activity, aligns posture, improves balance, and integrates the mind and body.



Dr. Paul lam 林本壮医生

Dr. Paul Lam, a family physician in Sydney, Australia, is a world leader in the field of Tai Chi for Health Improvement.

林本壮医生是澳洲悉尼一位家庭医生，行医多年，也是经验丰富的太极拳导师，更是全球推广健康太极领域的领导者。他周游各国，积极传授和提倡增健太极，健康生活。

什么是坐练关节炎太极拳？

这是林本壮医生在联合了几位太极拳导师及医学家，经过改良和考证，针对关节炎所研发的增健太极拳。几乎任何慢性疾病的人都可以学习，来提高他们的健康和灵活性。此安全容易学习太极拳，可以缓解疼痛和改善健康和生活质量。

坐练关节炎太极拳，可以让任何人坐着练习。几乎任何慢性疾病的人都可以学习，提高他们的健康。卫生专业人员可以学习来帮助与照顾残疾人士，提高大家的健康以共享质量时光。它是适合任何步行不方便或需要坐着的人，或者是在飞行中的乘客。

Please contact Jennifer @9666 3375 for more detail Email: taichisjy@gmail.com, jennifer@taichi.sg Web Site: <http://taichi.sg>, <http://tchi.org>