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FOR IMMEDIATE RELEASE

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Subject: Tai Chi On the Beach

Traverse City – You may have seen people in parks or on the beach, moving in synchronized slow, gentle, rhythmic motion and wondered what they were doing. Most often they are practicing the Chinese art of tai chi. Tai chi is sometimes described as meditation in motion, connecting the mind and body. Originally developed in ancient China for self-defense, tai chi evolved into a graceful form of exercise – a continuous series of controlled usually slow movements that are designed to improve health and enhance relaxation, inner calm and peace.

Tai chi puts minimal stress on muscles and joints, making it generally safe for all fitness levels. In fact, because tai chi is a low impact exercise, it may be especially suitable if you're an older adult.

You can experience the benefits of tai chi for yourself by joining instructor Ann Parker on the beach at the Traverse City Senior Center, 801 E Front Street, every Thursday morning from 8 to 9 a.m. (except for July 6). Parker is a physical therapist at Grand Traverse Pavilions and teaches tai chi at Yoga Health Education in Building 50. She has practiced tai chi for over 30 years and has taught it for more than 15 years, using the yang style of tai chi – the short form and the long form.

Registration is required and the cost of each session is \$5 per person.

For more information and to register, email dmikowski@grandtraverse.org or call 231-922-4911.

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