

Pa Tuan Chin

The Pa Tuan Chin exercises are some of the oldest recorded Chinese health exercises. These unique series of exercises have an interesting mix of stretching and energy building within the same movements. Stretching is an important part of any physical maintenance program. It facilitates greater range of movement and increased flexibility.

Research shows that people who incorporate exercise into their daily regime have more energy and capacity for activity. Exercises that are particularly beneficial for health are slow and gentle in nature. When these are practiced on a regular basis the incremental gain over time will lead to great benefit in the future.

What is Tai Chi Chuan?

Tai Chi is a method of exercise used for centuries in China to promote good health and calmness of mind by maintaining a balanced health of the body and spirit.

Originally a martial art, practice of Tai Chi helps the student develop physical awareness, relaxation of body and mind, as well as, improving physical fitness and flexibility.

Tai Chi emphasizes breathing control, good posture, and combination of concentration and relaxation. It is good for people of all ages.

To still the mind and tame the body
Try Tai Chi

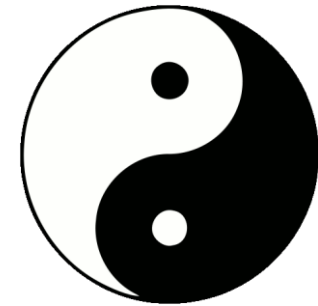
TAI CHI

Yang Style

Instructors

Lisa Turner - Oku Den
SKIF Yang Ming Shi Tai Ji Quan

Trained in Tai Chi directly under the guidance of Supreme Grand Master Hirokazu Kanazawa.



Location

Maine Shotokan Karate Dojo

221 Broadway
Suite 3
Farmington, ME 04938

Phone

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A Chinese form of exercise that can help people of all ages improve their flexibility, balance, muscle strength, and health.



H. Kanazawa demonstrating the snake posture

Tai Chi is a non competitive way of building elasticity in the body and flexibility of the joints. It is a discipline which can be practiced at home or in class and it goes on and on being challenging and rewarding.



Yang Ming Shi

Yang Ming-Shi (Yo Meiji) was a Tai Chi master as well as being a senior Shotokan Sensei with SKIF. It was he who taught Kanazawa Kancho Tai Chi.

Tai Chi Beginner's class

Tuesday

5:30 – 6:30 PM

Wear comfortable clothing

**221 Broadway (Rear)
Suite 3
Farmington, ME 04938**

The movements in Tai Chi Chuan are quiet and flowing.

*It is easy for
anyone to start.*

Potential Health Benefits

- Improved balance and fall prevention
- Blood pressure reduction
- Pain reduction
- Cardiovascular benefits
- Improved sleep quality
- Immune function benefits
- Stress relief

**Soft Supple Movements
Light and Gentle**