



# Holderness Recreation

## Winter 2020

### Tai Chi

**Tai Chi** is a martial art designed to improve health and reduce tension. The slow, graceful movements promote **balance** and overall vitality. Tai chi builds strength, endurance, coordination, memory and confidence. Current research has shown that tai chi **reduces the risks of falling** and relieves symptoms of arthritis, Parkinson's disease, peripheral neuropathy and back pain. The practice of Tai Chi movements improves circulation and respiration. Tai Chi originated in China and is practiced worldwide to enhance overall health and wellbeing.



- When:** Wednesday's from 5—6 pm Regular Tai Chi  
Wednesday's from 6—7pm Beginner Tai Chi
- Dates:** January 8<sup>th</sup> to April 1<sup>st</sup>(1 snow date included) 12 week class  
April 15<sup>th</sup> to July 1<sup>st</sup> 12 week class
- Where:** Holderness Town Hall
- Cost:** \$120 (12 week class)

#### **Instructor: Dana Buck**

Dana teaches "Yang" style long form and other traditional tai chi forms including qigong, push hands and sword. Dana has been practicing tai chi for over 25 years. Her instruction emphasizes proper body alignment, relaxation and mindfulness. She has been with Holderness Recreation since fall 2018.

We ask that students register for the entire series because of the nature of the practice and that the tai chi form is taught as a sequence that is built upon each week. If you are unable to make the full payment, we will entertain a drop in style. Please talk to Wendy for details.

You can register in person at Holderness Town Hall, through email [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov), or you can also register on line at <https://holdernessrecnh.recdesk.com/Community/Page?pagelid=14060>. You can also visit [www.holderness-nh.gov](http://www.holderness-nh.gov) and follow the link to register.

