

Taichi / Health Qigong Class

in your building in Oakville, Ontario

Health Qigong is similar to Tai Chi but easier to learn. With hundreds of years of history and millions of practitioners worldwide, it is one of the most effective exercises for improving balance, mobility, and inner energy.

Benefits for Seniors

- Strengthens legs, knees, and spine
- Supports heart, lungs, and inner organs
- Improves balance and fall-prevention
- Reduces stress and increases mental calmness
- Boosts overall energy and well-being



About the Instructor

- Level 3 Health Qigong, certified by the Sports Authority of China
- 10 years teaching experience in police departments and hospitals in Toronto
- Patient, and experienced with senior students. Former President of Health Qigong Canada Association.

Are You Interested in Joining?

If enough residents sign up, the class will begin immediately.

Please sign up at the front desk of your building.

For price and more info, visit <https://chinesemartialarts.ca/class> or text Menghui: 416 565 5122

About Health Qigong

- **Eight-Section Exercises (Ba Duan Jin)** : The Eight-section Exercises date back to the Song Dynasty (960-1279) and its easy movements and impressive effects on health make it a gem in China's health and fitness culture.
- **Tendon-Muscle Strengthening Exercises (Yi Jin Jing)**: The earliest description of Yi Jin Jing exercises can be found on a 2000 years old brocade painting named 'Illustration of Qi Circulation' (Dao Yin), which was unearthed in the 1970s from an ancient tomb in Changsha, Hunan, China.
- **Five Animal Exercises (Wu Qin Xi)** : The Five Animal Exercises were designed by Hua Tuo, a leading physician of the Eastern Han Dynasty (25-220 AD).

Gentle • Safe • Energizing • Perfect for Seniors