

T'ai Chi River

太極川

Motion and Balance For Health and Relaxation

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Tai Chi River is a Nashville-based school dedicated to bringing this ancient art to the community for the benefit of all.

What is Tai Chi... and WHY should I care??

There is a general lack of awareness and understanding about the ancient practice of Tai Chi Chuan - Supreme Ultimate Boxing. People know Tai Chi as a slow-moving exercise often seen in medical commercials performed by people looking happy and peaceful. There is a vague recognition that it is somehow “like Yoga” and “good for you” and that is about it!!

Tai Chi is an easy-to-learn routine that is proven to improve health, balance, and relaxation. Tai Chi is very low impact and can easily be done by everyone including seniors and people with illnesses and injuries. In fact, it is a great exercise for these types of people due to the extraordinary health benefits that result from continued efforts. At the same time, advanced Tai Chi as a martial art can easily challenge practitioners for decades as a working self-defense system.

Low impact exercise that anyone can practice

Easy-to-learn and helps to improve memory

Gentle movements with no sweating or straining

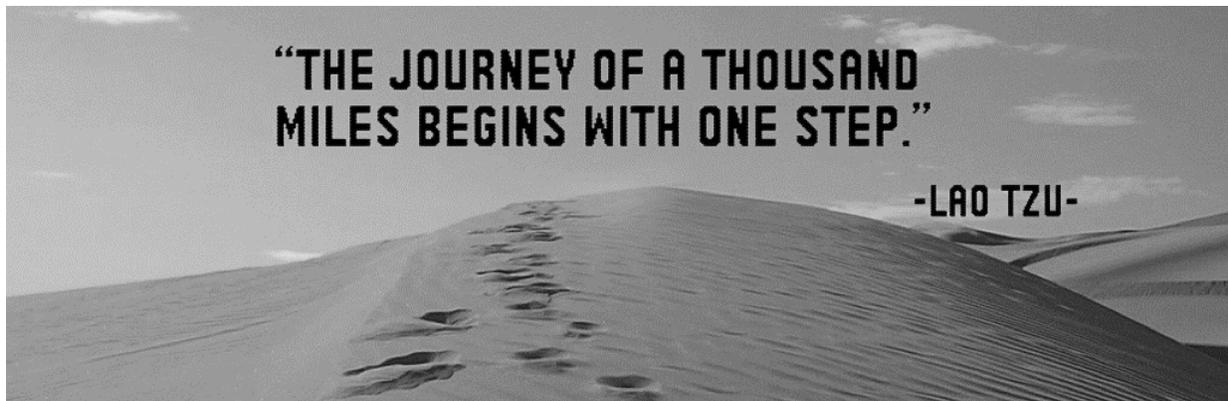
No special clothing or equipment needed

Encouragement to take breaks when necessary

Guaranteed to make you feel better after just one class!!

Tai Chi is NOT Yoga

Though these two physical practices share many similarities, they have very different origins. Tai Chi is from China while Yoga is from India. Tai Chi is a physical martial art focused on movement, while Yoga is often on the ground using stretching postures and unusual positions.



Tai Chi is based on relaxation, body alignment, and breathing and is mostly practiced for health. However, from its origin, Tai Chi has always been a practical martial art and a powerful form of self-defense.

Tai Chi focuses on the dynamic interaction between our bodies, gravity, and various 'opposing' forces. Remember that fighting an opponent, dancing with a partner, or hitting a golf ball are all activities that involve motion, balance, gravity, and physics!! The practice of Tai Chi helps with all daily activities and provides a wide range of health benefits.

Tai Chi River Principles

Tai Chi River is a blend of ancient Chinese instruction methods with American-style communication and explanations.



Safety – We encourage participation, but we want everyone to be safe and enjoy Tai Chi. Safety is a priority and we keep everyone well within their range of motion and their comfort zone.

No Pain - Do not do any movements or postures that cause you any pain or discomfort. Move only as much as you can comfortably and safely.

Low Impact - Tai Chi should not cause stress, tension or pain to any part of your body. There should be no jarring or twisting of the joints, and no stretching beyond your normal range of motion.

No Sweating - If you begin to sweat, please take a break and sit down. Tai Chi is a 'soft' martial art and all about relaxing. Sweating means that you are working too hard.

Playing Tai Chi - At Tai Chi River, we take our art very seriously, but we believe that Tai Chi must be practiced joyfully and with a smile. We want classes to be filled with fun and laughter while we also have long moments of silence for internal concentration.