

- \* Better mood, with lower levels of depression, stress, and anxiety
- \* Reduced Inflammation
- \* Greater aerobic capacity and muscle strength
- \* More energy and stamina
- \* Enhanced flexibility, balance, and agility
- \* Fewer falls
- \* Lower blood pressure and improved heart health

Sign-up at the Sequoia Wellness  
reception desk

4209 State Route 44, Rootstown

Or call 330-578-9030

# Discover the benefits of Tai Chi

With Master Instructor Toby Cooley

6 week series topics include:

- \* Learn a basic 28 posture form/dance based on movements of the "White Crane", a symbol of longevity.
- \* Understand the basic theories, concepts and structures of Tai Chi for health and wellness.
- \* Develop a basic knowledge of stances, weight shifts and limb placement.
- \* Learn the benefits of spiral power and vertical alignment.
- \* Tools for greater spatial awareness, balance and coordination.
- \* Methods to incorporate this practice in a modern world.
- \* Meditation and breathing techniques
- \* Upon completion of course, participants will have a solid exercise routine to incorporate in their daily lives.

This unique blend of Tai Chi based exercise provides an excellent foundation upon which a lifetime of discovery can begin.