

Put very simply, Tai Chi is sometimes called "meditation in motion". Tai Chi is a series of gentle, flowing movements (sometimes called postures) that comprise a routine also referred to as a form. Some Tai Chi forms are performed slowly, while others are more strenuous and fast-paced. We work on balance, breathing and concentration among other things.


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LEARN TAI CHI HERE!
Tuesdays at 11

FREE TO SILVER SNEAKERS! OPEN
TO EVERYONE!!



BE THE WATER TAI CHI
Fun and challenging!
bethewatertaichi.com

WHY TRY TAI CHI?

Performed correctly and performed regularly, tai chi can be a positive part of an overall approach to improving your health. The benefits of tai chi may include:

- Decreased stress, anxiety and depression
- Improved mood
- Improved aerobic capacity
- Increased energy and stamina
- Improved flexibility, balance and agility
- Improved muscle strength and definition

More research is needed to determine the health benefits of tai chi. Some evidence indicates that tai chi also may help:

- Enhance quality of sleep
- Enhance the immune system
- Help lower blood pressure
- Improve joint pain
- Improve symptoms of congestive heart failure
- Improve overall well-being
- Reduce risk of falls in older adults

--Mayo Clinic



Sifu Debra Rice has been studying martial arts since 1989 and has spent the last several years training and researching various Tai Chi forms within the Yang family. Not only does she hold local and international certifications to teach Tai Chi, but also is a certified blackbelt in Kajukenbo and Okinawa-te. Sifu Rice has taught martial arts both hard and soft style to children and adults of all ages. She has been a coach and teacher at the PERA Club, and most recently served as an adjunct professor at Paradise Community College. Important to Sifu Rice is her dedication to learn new forms, techniques and health-benefitting exercises to pass along to all she teaches. She is committed to offer authentic and non-judgmental instruction that is designed to be beneficial and fun.

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