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PADUCAH YOGA CENTER

7TH & BROADWAY • PADUCAH, KY

Sun-Style Tai Chi

with Carol Harlan, TCA, TCO, SFI

Tai Chi is a great exercise for those who are unable to participate in a regular aerobic style exercise program. Many people find that they can get a good cardio workout as they progress in practicing Tai Chi regularly. There is scientific research showing the many health benefits are gained by doing Tai Chi daily. Some of those benefits are: improved balance and coordination, reducing blood pressure and stress, helps to strengthen the muscles around arthritic joints, improving flexibility and range of motion.

The modified Sun (pronounced Soong) is an easy style of Tai Chi to learn. It was designed by Dr. Paul Lam for those who suffer with physical problems relating to arthritis, osteoporosis, back pain, diabetes and many other problems. Tai Chi is not a cure all for anything tho it has proven itself in helping and managing a number of the conditions listed above.

Carol Harlan is passionate about Tai Chi and its many health benefits. Because of a knee replacement and back surgery she well understands the need for exercise and has found Tai Chi to help her strengthen her leg and back muscles. She desires that others will experience these health benefits while learning to move their bodies in a gentle easy way and getting a good workout at the same time.

270-575-0211

WWW.PADUCAHYOGACENTER.COM

Weekly Classes

Tuesdays 1:00pm - 12:00pm

Wednesdays 9:30am - 10:30am

Fridays 1:00pm - 12:00pm

Per Session.....\$10

Monthly*\$30

* allows you to attend all classes above

Made Payable to Instructor

For more information contact:

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