

Tai Chi for VA Patients & Caregivers

Classes will be taught by Dr. Ansgar Furst (assisted by his senior student Sam Dougherty)



Tuesdays

12 - 12:45 p.m.

**VA Palo Alto Health Care System
Building 6, 2nd Floor
Conference Room C-258**

*(Stanford/VA Alzheimer's Disease
Research Center of California)*

What can I expect?

We will start each class with some warm-ups followed by some Qigong (a related health promoting Chinese art) exercises and then work our way through the Yang-style short form.

What should I wear?

Shoes with a flat sole are a plus for practicing Tai Chi as they promote a stable stance.

Why Tai Chi?

Tai Chi can be particularly helpful in stress-reduction, gaining balance, reducing back pain and correcting posture issues.

Tai Chi Chuan (translated: "supreme ultimate fist"), a mind-body exercise is an ancient Chinese martial art, which has gained widespread popularity both because of its defense applications and its associated physical/mental health benefits.

The particular style that we will explore (Yang style) is currently the most commonly practiced variety of **Tai Chi** and is characterized by graceful, slow movements and owing to its low-impact nature can be practiced by people of all ages.

For more information, please contact Dr. Ansgar Furst at ansgar.furst@va.gov or 650-493-5000 (1) (1) 68652