



# Tai Chi for Patients

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

**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.

**Starting, immediately!**

**PAD – Wednesdays**

**1:00-1:45 pm**

**Building 6, 2<sup>nd</sup> Floor, Conference  
Room C-258**

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



## Why Tai Chi?

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

## 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.