With roots in traditional Chinese medicine, Tai Chi is a therapeutic mind-body exercise that integrates gentle movements, rhythmic breathing, and imagery. Tai Chi is practiced to improve strength, balance, flexibility, mental focus, and emotional tranquility.

Tai Chi is increasingly being utilized as part of comprehensive health rehabilitation and prevention programs. New research suggests Tai Chi may have important benefits for individuals with Parkinson’s disease. The class is designed for people who are able to stand for the 60-minute program.

Space is limited & registration is required:
Please contact the Osher Clinical Center at 617-732-9700.

Dates
Tuesdays
April 2 – June 18
7 – 8 p.m.

Cost
$175 (1 class/week, 12 total)
$150 for partners

Location
Osher Clinical Center for Complementary and Integrative Medical Therapies, Brigham and Women’s Hospital
Fishbowl Conference Room
850 Boylston Street
Chestnut Hill, MA

Instructor
Stanwood Chang