

# Modified Tai Chi

## Experience the incredible benefits of Enliven's modified Tai Chi

Tai Chi is a form of gentle exercise that combines deep breathing with gentle movements.

Enliven's modified Tai Chi classes are centred on slow, gentle and deliberate movements that have been adapted to suit older people and those living with mobility issues or disability.

Regular practice of Tai Chi has many benefits, including:

- improved balance and flexibility, reducing your risk of falls
- improved circulation and heart health
- improved muscle strength.

Tai Chi has been known to improve health conditions, such as high or low blood pressure, diabetes, arthritis, osteoporosis, respiratory conditions and weight issues.



Call: **0508 ENLIVEN** (that's 0508 36 54 83)

Visit: [www.enlivencentral.org.nz](http://www.enlivencentral.org.nz)

**Join a class! All sessions are run in a group setting with a qualified instructor and cost just \$5 per class.**

## Wellington

Newlands Community Centre	Monday	11.30am–12.30pm
Khandallah Town Hall	Monday	1pm–2pm
Island Bay Community Centre	Tuesday	11am–12pm
St Ninian's Church Karori	Wednesday	10am–11am
Huntleigh Apartments Karori	Friday	9.30am–10.30am

## Hutt Valley

Stokes Valley Community Hub	Monday	9.30am–10.30am
Hapai Building, Upper Hutt	Monday	1.30pm–2.30pm
Petone Working Men's Club	Tuesday (Beginners)	9.45am–10.45am
Petone Working Men's Club	Tuesday (Advanced)	10.45am–11.15am
Holy Trinity Church Avalon	Tuesday	1pm–2pm
Wainuiomata Union Church	Friday	9.30am–10.30am

## Kapiti

Paraparaumu Memorial Hall	Monday (Beginners)	10am–11am
Paraparaumu Memorial Hall	Tuesday	11am–12pm
Kapiti Uniting Parish	Tuesday (Beginners)	1pm–2pm
Kapiti Uniting Parish	Friday	11.30am–12.30pm

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