

T'AI CHI CHIH®

Joy Thru Movement



What are T'ai Chi Chih® Movements?

- A set of movements completely focused on the development of energy, called *Chi*
- 19 stand alone movements and one pose
- Not a martial art - completely non-violent
- Easy to learn - usually around two months or 8 once a week classes - varies according to the teacher
- Does not require physical fitness or coordination - very old and very young alike can learn it



What are the Benefits of Regular Practice?

- Circulates and balances the internal energy, called *Chi*
- Circulation of *Chi* increases physical energy
- Balancing of *Chi* increases health and well being
- Improves balance, physical fitness, flexibility, and stamina
- Promotes longevity and increases the quality of people's lives
- Expands creativity and awareness
- Benefits cannot be predicted or guaranteed, but will only come with regular practice



Who can do the T'ai Chi Chih® Movements?

- Persons of any age or physical ability
- Movements may be adapted to be done while seated or for other physical limitations
- No special clothing or equipment required
- All classes taught by accredited teachers

Visit Taichichih.org



Next Step Strategies, LLC

A Holistic Approach to Health & Vitality

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Justin Stone originated the practice of T'ai Chi Chih in 1974. He currently resides in Albuquerque, New Mexico.

An Opinion

by Justin Stone, Originator of *T'ai Chi Chih*

The circulation and balancing of the Chi is the great secret of life. It is a very valuable exercise that affects the inner organs as well as the muscular structure.

T'ai Chi Chih (TCC) is a moving meditation, with far-reaching benefits. The slow, soft movements have a real effect on blood pressure, weight control, and other physical aspects, but TCC goes much deeper than physical therapy.

Most students feel the effects of the practice very quickly, so it is not necessary to accept results as a matter of faith. Students who realize that practice is absolutely necessary often experience profound changes during the 8 week beginning course.



Justin Stone is the Originator of *T'ai Chi Chih*

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For More
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*To know Chi
is to know
one of the greatest
secrets of life . . .*