



## A brief overview of Tai Chi

Tai chi helps maintain good health through circulation and balance, and a good mind frame. It helps one restore and sustain energy. It is useful to improve many physical issues such as high blood pressure, poor posture, cholesterol levels, heart disease, diabetes and much more.

This experience is lead, by Nickiel, who integrates a healing and rejuvenative process towards your overall well-being, not as a martial art. He understands the core importance of the practise which is most beneficial to his students.



Nickiel has practised Tai Chi at three schools and incorporates his learnings in an extremely beneficial practise. He has also placed first in South Africa in Chinese martial art, where he'd also learned.

### The aspects of Tai chi:

Sequence of movements stringed together

Bodily posture and alignments

Focus and co-ordination

Safety and self-care

Calmness and tranquillity

Precise execution

Rhythm of movement

Movement from core

**Come and join an easy going, motivating and enjoyable Tai Chi class.**



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