



Tai Chi

Beginner Class

Length: 30min; 1hr .

Delivery modes: Onsite & Virtual Classes; Pre-recorded sessions.

Details: A gentle exercise form with multiple benefits for Heart Health, Musculoskeletal Health & Stress Relief.

This gentle form of exercise is accessible to all fitness levels and holds multiple benefits for physical and mental wellbeing.

Some benefits are as follows:

- **Organ Health** - The constant twisting and turning movements provide beneficial compressions for internal organs, including the kidneys - helping to improve organ health and circulation.
- **Stress Relief** - The deep breathing element of Tai Chi cultivates a stillness that helps to reduce stress.
- **Cognitive Function** - The visioning and imagery aspect of Tai Chi promotes a sharp mind, helping to boost focus and improve the memory function.
- **Blood Pressure / Cardiovascular Health** - Research shows that Tai Chi is effective in reducing blood pressure, making it great for heart health.

Connect with WORKBLIS to discuss requirements - hi@workblis.com