



Improve *Everything*.



Corporate Programs

Why TAI CHI

For over a decade I have had the pleasure of teaching hundreds of people the benefits of Tai Chi. There are many styles of Tai Chi but I teach in a less traditional manner. Why? I place equal focus on the physical experience as well as the mental tranquility.

How My Original Teaching Style Benefits You

- allows you to gain a greater understanding of how the body moves
- easier to learn weight distribution + how you are best supported.
- you get the opportunity to experience each move in depth
- establishes comfort with the individual moves before sequences are learned.
- offers in depth explanation of how to stand and move

Previously I have taught gymnastics, several forms of dance, yoga and general fitness. I know and understand very well how the body learns new physical activities; which has made me a detail oriented teacher.



<Managing STRESS

FOR YOU & YOUR TEAM

1

The American Institute for Stress

Job stress costs US companies about \$300 billion annually through absenteeism, diminished productivity, employee turnover, and direct medical, legal and insurance fees.

2

Aetna

Participants in the mind-body stress reduction treatment groups showed significant improvements in perceived stress with 36 and 33 percent decreases in stress levels.

3

CorSolutions, Inc.

Companies spend \$14,000 per employee per year on medically related productivity losses.

National Center for Biotechnology Information

Found in seven studies that there were significant positive effects on mood and psychological wellbeing when practicing Tai Chi

100% of the studies reported significant positive effects on cognitive function from Tai Chi.

Programs & Specialties



STANDARD PROGRAM

Combining Wu and Yang styles, this class focuses on a Signature 8 Form with a calming and relaxing warm up sequence. From stretching every muscle to highlighting the Economy of Movement, this approachable class is for people of all fitness levels.

TAI CHI FOR ANXIETY

This is a combination of breath and long, continuity focused movements. This program incorporates Tai Chi philosophy as a method for coping with stress.

OCCUPATIONAL TAI CHI

Taking into consideration the daily movements of your team(s) that causes tension and pain, this program is completely adaptable for specific issues. From utilizing the base properly for warehouse workers to focusing on proper alignment for sitting and typing, this program addresses exactly what you need.

TAI CHI FITNESS

This program features Tai Chi positions with the added challenge of weights and resistance bands with a focus on repetitions. You have never had a weight training class like this before, I promise!

Faq

What is Tai Chi?

Tai Chi is the Mother of all Chinese Martial Arts. Pre-dating Kung Fu, Tai Chi was created by monks as a form of moving meditation. Tai Chi is a soft fluid form of exercise with applicable self defense techniques.

Why Tai Chi?

Tai Chi can be used as a soft form of exercise with particular areas of focus that can be customized for a more challenging workout. Everyone can benefit from Tai Chi from the young to the old.

What are the benefits of Tai Chi?

Tai Chi can boost blood circulation, increase detoxification, improve balance, coordination, and fluidity. It will also increase focus, clarity, and mindfulness. It has been proven to increase muscle strength, core strength, and agility. Tai Chi eases the body into a relaxed peaceful state.

How is Tai Chi different from Yoga?

There are two main differences. The first being that you will never be on the floor; the moves are always standing. The second is that you move continuously and generally refrain from holding poses.

Do I need anything special for Tai Chi?

Tai Chi does not require any special clothing or equipment. It can be done anywhere at anytime.

What do I wear for Tai Chi Practice?

Loose comfortable clothing is all you need. Your sweats are just fine here!

Tai Chi Group Pricing

OPTIONS

Corporate Group

- Corporate setting, perfect for small or large numbers of students.

Ongoing Group, Other

- Weekly group setting, non-specialty, or other contract.

Specialty Group

- Group focused on specialty program
- Price varies on program type & number of students



Thank you for considering Gracie D Tai Chi as your Tai Chi and wellness partner! We are excited about this opportunity and want to take a moment to personally thank you for considering us. This Welcome Package is designed to provide information and expectations on working with Gracie D Tai Chi.

Corporate Group **\$500/hr**

Ongoing Group **\$300/hr**

*Specialty Group- inquire for
pricing*