## Arthritis Tai Chi, Joint Exercise Classes

Age Requirements
16-21
,
18 and over
Available 24/7
No
Family
No
Intake Contact
Judith Forsyth
Intake Process
You can pre-register for the class of your choice by website, or we will help you register by phone or email. Please use the Contact page on the website to pay for classes.
Provider Refer
Yes
Report Problems
Call the Agency
Self Refer
Yes
Bending Tree Tai Chi Kung
http://bendingtree.org/
Main
(757) 318-9355

1716 Pleasure House Road
23455 VA
United States
Fee Structure
Call for Information
Payment Method(s)
Private Pay

Bending Tree Tai Chi provides methods of how to deal with stress, to quiet the mind, to stop worrying and to promote your wellness. Tai Chi Wellness (Qigong), is offered once a week. The Tai Chi for Arthritis, Tai Chi for Health, and Tai Chi for Diabetes classes are 1 hour long. Tai Chi for Arthritis and Fall Prevention is helpful for individuals with a chronic illness.

As the classes are progressive (building-block style), practice is helpful between classes. These classes incorporate specific breathing and joint opening exercises, which alone will help improve your flexibility and overall health.

Ask about other classes, workshops, retreats, and products for seniors to practice and study the ancient Chinese moving meditation called Tai Chi or Chi Kung (qigong).

Bending Tree is now part of Tai Chi East-West Alliance (TEA).

Service Area(s)
Hampton City
,
Norfolk City
,
Virginia Beach City
Email
director@bendingtree.org

