

Relax



Tai Chi Works

The Mindful Movement Center (MMC) is pleased to offer classes in Tai Chi, Qigong and related skills. Our mission is to improve health through mindful movement. Tai Chi (or Taiji) has been practiced in China for hundreds of years and until recently has been closely held in that country. After WWII, Taiji along with other cultural riches was introduced in the U.S. Over the past ten years a significant amount of medical research has been focussed on quantifying the benefits of this ancient Chinese exercise system. Mayo Clinic, Harvard Medical School, Sloane Kettering Hospital, the National Institute of Health, as well as other academic and medical research organizations have conducted studies and published reports summarizing their findings demonstrating the benefits of Tai Chi.

Our instructors are certified with collectively more than 100 years of training. They have been teaching classes in the Peoria area for more than 30 years. There are multiple days and class times each week. You can visit our web page for details. There are classes focussed on building knowledge and skill in the fundamentals of Tai Chi so all levels of experience, age and Tai Chi background are welcome. **COME JOIN US**

Benefits of Tai Chi (Taiji)

- Improved Balance
- Reduction in Anxiety
- Improved Cognitive Function
- Improved Circulation

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