Tai Chi
health and wellbeing
workplace programs
Like other complementary and alternative practices that bring mind and body together, Tai Chi can help reduce stress. During Tai Chi, you focus on movement and breathing. This combination creates a state of relaxation and calm.

Stress, anxiety and tension should melt away as you focus on the present, and the effects may last well after you stop your Tai Chi session. Tai Chi also might help your overall health.

To reap the greatest stress reduction and other health benefits from Tai Chi, consider practicing it regularly. While you may get some benefit from a 12-week Tai Chi class, you may enjoy longer and bigger benefits if you continue tai chi for the long term and become more skilled.

The Mayo Clinic

...a workplace Tai Chi program is beneficial in improving musculoskeletal fitness and psychological wellbeing, is well received by female computer users, and is compatible with typical schedule and travel-related restrictions of the workday. Given that these results were observed even at the large class sizes tested here suggests that Tai Chi has considerable potential as an economical, effective and convenient workplace intervention.

H. Tamim et al. / Tai Chi workplace program for improving musculoskeletal fitness among female computer users
Tai Chi is often described as "meditation in motion," but it might well be called "medication in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren’t in top shape or the best of health.

**Peter M. Wayne**
Assistant professor of medicine at Harvard Medical School and director of the Tai Chi and Mind-Body Research Program at Harvard Medical School’s Osher Research Center.

Tai Chi and Qigong are evidence-based approaches to improve health-related quality of life, and they may be effective for a range of physical health conditions.

Evidence suggests that Tai Chi and Qigong may be effective in reducing depressive symptoms, stress, anxiety, and mood disturbances, and as promising treatments for Parkinson disease, traumatic brain injury, insomnia, substance abuse, and cognitive impairment.

**Ryan Abbott, MD, JD, MTOMa and Helen Lavretsky, MD, MSb**
/Tai Chi and Qigong for the Treatment and Prevention of Mental Disorders

The Tai Chi group took no unscheduled time-off hours, whereas, the control group was absent 49 hours during the study period. There was also a 3% increase in work productivity and significant improvement in functional reach… compared to the control group.

**Palumbo et al., Mary Val. / Tai Chi for older nurses: A workplace wellness pilot study.**
Why Tai Chi for Health Brisbane?

With many years of experience practising Tai Chi and instructor certificates from Dr Paul Lam’s ‘Tai Chi for Health Institute’, Chunmei Yang’s passion is sharing the health benefits of Tai Chi with as many people as possible. This, combined with her experience as both a personal trainer and remedial massage therapist, ensures an holistic approach to each session.

“I highly recommend Chunmei Yang as a knowledgeable, highly trained and committed teacher of Tai Chi. Members of our staff participate in, and look forward to, her weekly sessions at the end of which we feel calm, relaxed and reenergised. Chunmei is very patient, but also ensures that we continue to learn and practise our movements. She has enhanced our wellbeing.”

Maureen Thomas (Principal, St Ita’s, Dutton Park)

We come to you at a time that suits you...

- No special equipment or clothing is required (Tai Chi can be practiced in regular work clothes)
- No need to shower or change afterwards (Tai Chi is not high impact aerobic exercise)
- No experience required, any fitness and ability level can participate including people with special needs
- One instructor can lead from between 1 and a maximum of 20 participants per session, with the ability to run multiple sessions on the same day to incorporate staggered lunch breaks

When would you like to start?

Contact us now:

📞 0438 802 018
@ taichiforhealthbrisbane@gmail.com
🌐 taichiforhealthbrisbane.com.au