

World Tai Chi & Qigong Day

In China millions of people do Tai Chi in the parks, getting fresh air, sunshine and better health. As more people become familiar with the many benefits of Tai Chi, you will see more people doing Tai Chi in America. World Tai Chi & Qigong Day is an annual celebration and promotion of Tai chi and related exercises for health. Join us for workshops, demo's and a group Tai Chi practice, along with millions across the globe.

WHAT IS TAI CHI?



Tai Chi is a slow moving breath focused exercise, enhancing relaxation, balance & physiological function. As a mindfulness based practice, Tai Chi also helps with focus, stress, anxiety & depression. Research shows benefits for heart, lung & kidney disease (particularly for high

blood pressure), cancer care, chronic pain, arthritis, diabetes, enhanced immunity, multiple sclerosis, Alzheimer's & more.

Exercises such as Tai Chi are Metarobic exercises. Unlike fast paced aerobic exercises, Metarobic exercises enhance blood oxygen saturaton, diffusion and oxygen based metabolism.

The enhanced oxygen use in the body can help combat hypoxia (oxygen deficiency in the tissues). Hypoxia underlies or complicates all chronic conditions, from arthritis to cancer. Research supports Metarobic exercises such as Tai Chi affects Hypoxia in the body. For more information, see Metarobics.org, or "Tai Chi Therapy: The Science of Metarobics" by Dr. Pete Gryffin. (Available on Amazon.com).

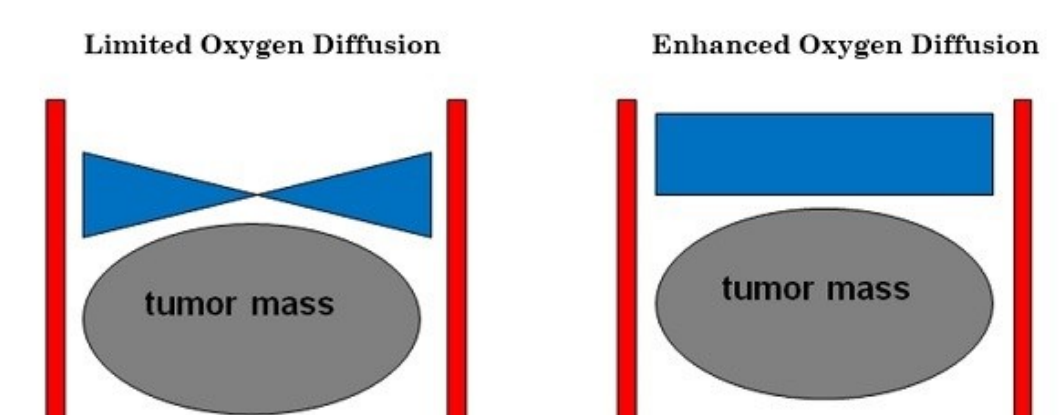
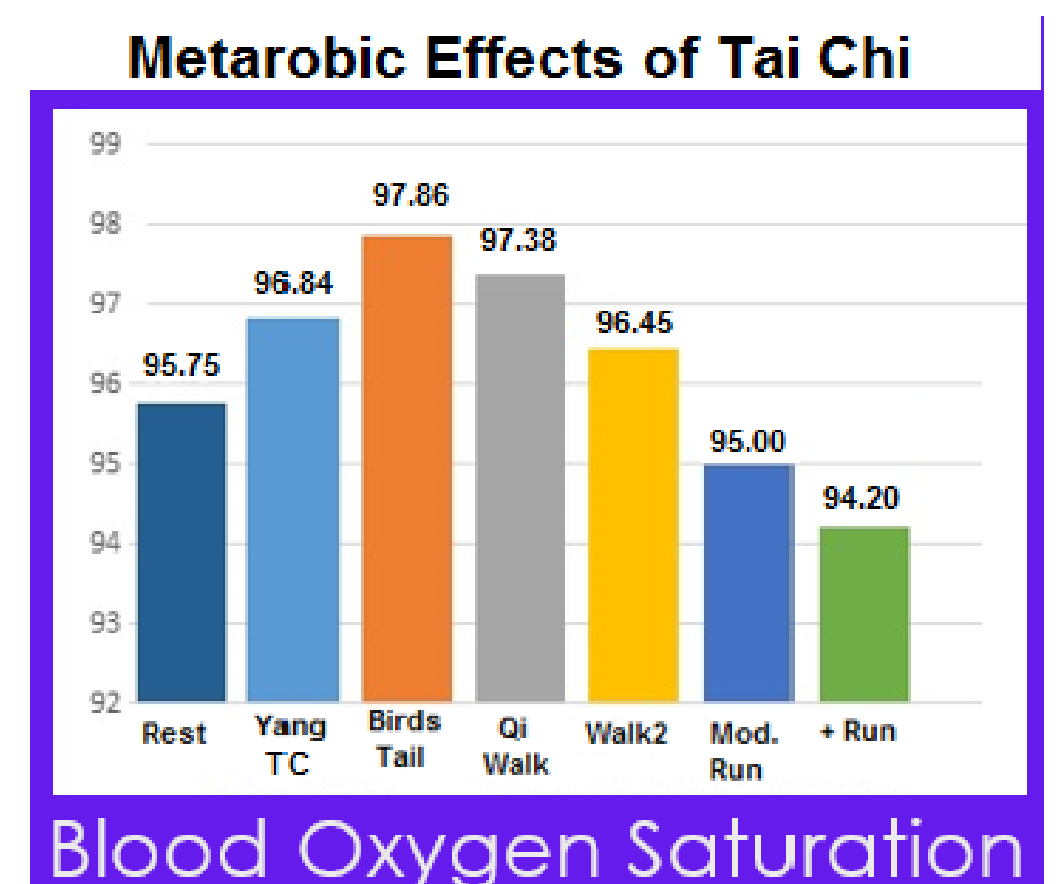


Illustration of hypoxic tumor mass (adapted from "Hypoxia and Cancer" by Brahimi-Horn and colleagues) and possible effect of Tai Chi and IMOG device.