

PARKSVILLE SHORES TAI CHI SOCIETY (PSTC)

- Practices Master Moy Lin Shin's 108-move Tai Chi Set (Canada, 1970)
- An all volunteer-based group
- Holds three 4-month Beginner Class sessions each year
- Founded as **Parksville Tai Chi** by Eva Grodt, July 2013
- Incorporated as **Parksville Shores Tai Chi Society**, April 2017
- Donates any surplus funds to local registered charities

Membership Fees

\$20/month
or
\$50/3 months

Once a Beginner Class session is completed, students are welcome to attend any Ongoing Classes.

Paid up members may attend any/all classes they wish.

CLASS SCHEDULE Starting Thursday May 2

DAY	TIME	WHERE	TYPE
MON	6:30pm-8:30pm	Church Sanctuary	*Beginner Tai Chi
TUES	9:30am - 11:30am	Church Sanctuary	Ongoing Tai Chi
WED	10:30am	Park	3 Sets Tai Chi
	6:30pm-8pm	Church sanctuary	Practice
THUR	9:30am-11:30am	Church Sanctuary	*Beginner Tai Chi
FRI	9:30am - 11:30am	Church Sanctuary	Ongoing Tai Chi
SAT	No classes		
SUN	9:00am-10:00am	Park	3 Sets Tai Chi

*** Beginner Classes start the first week of January, May & September**

St. Anne & St. Edmund Church
407 Wembley Road, Parksville
(corner of Church & Wembley Roads)

Parksville Community Park
Band Shelter, all year, rain or shine!

(updated April 2019)

Tai Chi for Life!



For more information

Contact Eva at 250-954-1002

www.parksvilletaichi.com

Google "Master Moy demonstrates Tai Chi arts" for a YouTube video.

WHAT IS TAI CHI?

Tai Chi Chuan (taijiquan) is an ancient Chinese form of exercise, originally created as a fighting art. A Taoist Monk Zhang San Feng is accredited as its creator.

It is said that Zhang San Feng witnessed a white crane preying on a snake. He mimicked their movements to create the unique Tai Chi Chuan. He is believed to have written, ***"In every movement, every part of the body must be light and agile, and strung together. The postures should be without breaks. Motion should be rooted in the feet, released through the legs, directed by the waist and expressed by the fingers."*** ¹

Although Tai Chi was originally a Martial Art, it has evolved into a soft, slow and gentle form of exercise. It can be practiced by people of all ages due to its many health benefits.

Parkville Shores Tai Chi teaches the 108-move set developed by Master Moy Lin Shin (1931-1998). He modified the traditional Yang style to maximize the health benefits, enabling students to regain and maintain their natural state of health.

¹History of T'ai Chi Ch'uan©H. Kurland 1998, 2000

HEALTH BENEFITS

Initially, students may notice changes in such things as:

- Sleeping
- Digestion & elimination
- Balance

With continued practice, many experience improvements in:

- Energy & stamina
- Balance, flexibility and agility
- Muscle strength
- Aerobic capacity
- Stress & anxiety level reduction
- Overall sense of well-being

EVEN MORE REASONS TO PRACTICE TAI CHI

- Movements are weight-bearing, low-impact and gentle
- Risk of injury is very low
- Can be done anywhere, anytime
- No special clothing or equipment required
- Non-competitive
- Can be done in groups or alone
- Research is proving health benefits in many areas

A MOVING MEDITATION

PRINCIPLES OF TAI CHI

- Relaxation
- Balance
- Angles and alignment
- Weight shifting

BEGINNER CLASSES

Classes provide an introduction to the sequence of the 108-move set (of 40 different moves). Students are *not* expected to know the set in 4 months!

ONGOING CLASSES

Classes provide further application of the principles as well as greater detail and understanding of each move.

WHAT PSTC STUDENTS SAY

"I have suffered from chronic back pain and therefore loss of flexibility for about 15 years. Since joining PSTC beginners classes twice/week for 5 months, my back pain has reduced significantly and I can almost touch the floor, something I have not been able to do for quite some years."

"My wife and I joined PSTC in May 2014. We are in our senior years and both suffer from Arthritis and the lasting complications of broken ankle bones. Tai Chi has greatly improved our flexibility and balance. The instructors are excellent: very informative and helpful in finding ways to practice Tai Chi even when our bodies don't want to cooperate. Added bonus - we have met many nice people and made some new friends."