

# T'ai Chi Classes



Tuesdays (January 10 – March 27)

Mornings 10:00-11:15 a.m. *or* Evenings 6:00-7:15 p.m.

Instructor: Jim Bayer of Everyday T'ai Chi Ch'uan

Cost: \$120 (bring check made out to LCUUC to 1<sup>st</sup> class)

*This gentle form of exercise can prevent or ease many ills of aging and could be the perfect activity for the rest of your life.*

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! Known benefits:

- \* Builds muscle strength
- \* Increases flexibility
- \* Improves balance
- \* Provides aerobic conditioning
- \* Enhances treatment of arthritis, low bone density, breast cancer, heart disease, heart failure, hypertension, Parkinson's disease, sleep problems, and stroke

Register on the sign-up sheet in the lobby, call the church office at (262) 369-1703 or e-mail [admin@lcuuc.org](mailto:admin@lcuuc.org).

**Everyday T'ai Chi Ch'uan** is the project of Jim Bayer, who has benefited greatly from his practice of T'ai Chi, and is dedicated to sharing it with others. He is a regular student at the [T'ai Chi Ch'uan Center of Milwaukee](#), which has been in existence since the early 1970s. The Center combines two powerful streams of Chinese martial arts, the popular T'ai Chi lineage of Prof. Cheng Man-ch'ing and Benjamin Pang-jeng Lo, and the martial and Taoist teachings of General Yin Chian-ho, who taught traditional Chinese Kung-fu in Milwaukee for many years.

**Jim Bayer** began at the T'ai Chi Ch'uan Center of Milwaukee in 1992, and was certified to teach by the school's director, Michael Milewski, about 8 years later. Jim is honored to be a member of the Center's Board of Directors. His teaching style combines humor and hard work, and while he emphasizes the healing and personal growth aspects of T'ai Chi, he enjoys sharing its self-defense capabilities as well. Jim hopes to pass on the complete traditional art of T'ai Chi Ch'uan, helping to preserve it for future generations.