

CONSIDER TAI CHI:

- Manage your energy
- Re-channel your stress
- Increase your body/mind integration
- Re-train unhealthy breathing habits
- Strengthen joints before muscles
- Balance your emotions/Diffuse trigger responses
- Feel things you miss being swept away by 'deadline' behavior
- Increase your situation awareness (SA)
- Develop a more powerful defensive/offensive art
- Practice slow, learn fast

Health Benefits (depending on your practice and condition):

- Increase immunity
- Balance blood pressure
- Increase and maintain bone density
- Strengthen nervous system
- Balance endocrine function
- Decrease inflammation with better circulation