

# Life Moves – Tai Chi and Fitness

The Vermont Mill, 160 Benmont Avenue – 4<sup>th</sup> Floor Studio, Bennington, VT 05201 [bckellyvt@gmail.com](mailto:bckellyvt@gmail.com)

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## **Shake-It-Up Lunchtime Dance Fitness** Tuesday & Thursday 12:15 – 12:45 PM

A 30-minute fitness dance class using rhythms and dance steps from around the world as well as oldies, disco and pop favorites. This low-impact class for all ages and abilities features easy to follow choreography that helps tone muscles while burning calories, improving balance, range of motion and coordination. No prior dance experience is needed.

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**Tai Chi**, often described as “meditation in motion”, stresses the integration—and balance—of mind and body. Tai Chi movements are slow, smooth and continuous, calming the mind, helping focus and concentration. In Tai Chi practice we are mindful of transferring weight with each step, helping to improve strength and flexibility, mobility, coordination and balance. In addition to preventing falls, Tai Chi programs have been shown to be helpful for a number of medical conditions including arthritis, lower back pain, low bone density, breast cancer, heart disease, hypertension, Parkinson’s, depression and anxiety, sleep problems, and stroke. Tai chi is non-competitive, non-judgmental and is easy to learn and enjoyable to practice for people of any age or physical condition. A list of the classes offered is below.

## **Tai Chi – Level I / Beginners** Thursday, 2:00 – 2:45 pm.

An introduction to Tai Chi and its principals, the focus of this class is Sun style Tai Chi as modified by Dr. Paul Lam and the Arthritis Foundation to help reduce the risk of falls and improve overall health. This class is free\* for seniors 60 and over, sponsored by Life Moves and the Southwestern Vermont Council on Aging as part of their Falls Prevention programs. Students will learn the movements Commencement Form, Open and Close; Single Whip, Wave Hands Like Clouds and Closing. Students should feel free to repeat this class until they feel comfortable with the movements and ready to move on to Level II. \*Regular class rates apply for students under 60. (Email for dates of next six-week session).

## **Tai Chi – Level II / III** Tuesday & Thursday 1:00 – 1:45 PM

Continuing practice of Sun style Level I movements and instruction of the Level II and III movements. Level II: Brush Knee, Play the Lute, Parry and Punch, Block and Close, and Push the Mountain Level III: Brush Knee, Leisurely Tying Coat, Reverse Single Whip, Fist Under Elbow, and Repulse Monkey. This class is for those who have already taken the beginners class and feel comfortable with the Level I movements. We will learn and practice the Level II and III movements, completing the series, at a pace comfortable for all class members. Attending both days weekly is recommended, but not required.

## **Tai Chi – Level III** Tuesday 2:00 – 2:45 PM

Ongoing practice of this modified Sun style Tai Chi, for students who have been attending Tai Chi classes and feel comfortable with the Level I & II moves and have learned and started Level III practice. Focused instruction as needed of the movements in all three levels with a goal of deepening our practice and understanding of the Tai Chi principles to fend off the stresses of modern life, maintain our agility, balance, and overall health, practice mindfulness, and enjoy the mood-lifting experience of practicing these engaging movement forms with others.

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No special equipment is needed for any of the classes, just dress comfortably, bring water and supportive sneakers or similar shoes to change into. Please note that shoes are required for the classes but no street shoes are allowed on the studio floor. **Drop-in rate for all classes offered is \$5.00 per class. Discounted prepaid rate of \$40.00 for 10 classes. Cash or check only.** Please email [bckellyvt@gmail.com](mailto:bckellyvt@gmail.com) with questions or to register for classes. If you don’t have email please call 802-733-7811 and leave a message.

Bridget Kelly Tai Chi Vermont Certified Teacher – Licensed Zumba and Zumba Gold Instructor