

Taoist Tai Chi Society of Canada

By ANN KORNUA

Thinking of making a healthy New Year's resolution for 2005 that will increase your flexibility and circulation? Get active with the Taoist Tai Chi Society of Canada and discover what the ancient East already knows. Tai Chi is a great low-impact exercise that promotes health in both body and mind, and people of any age can pick it up. Founded by Master Moy-Lin, the Taoist Tai Chi Society teaches the mind to relax not only through exercise but also through conversation and tea. This is the tranquil atmosphere that the Society promotes through their workshops and is now available to the residents of Milton.



PHOTO BY ANN KORNUA

"KEEPING THE BODY IN MOTION HAS A GREAT EFFECT"

The Society meets every Thursday in the Milton Seniors' Activity Centre located just off Childs Drive. The program is staffed entirely by volunteers. Ray Seguin of Milton and Charlie Bonifacio from Oakville together lead the class through Tai Chi movements.

"Essentially we start up with some warm up exercise. If it's a beginner's class, typically you'll learn three moves a night and there are one hundred and eight moves in a set," Charlie says.

"As you get older your body gets tighter and you lose strength and agility. We don't realize that probably some of the major health issues come from falling

Ray Seguin leads the class through the set of 108 movements.

down breaking bones and becoming immobile. Being immobile causes ill health in our digestion and circulation. So the simple issue of keeping the body in motion has a great effect. Tai Chi won't cure cancer or heart disease but it helps people with health challenges to face them head on," Charlie says. Many students in the Tai Chi class have some sort of health issue, from arthritis to poor circulation, and they feel that Tai Chi classes help them improve their bodies in a safe and supportive environment.

Many students say that Tai Chi has changed their life for the better. Sean

Gleeson who has been a member of Milton Taoists for one year was sceptical at first but stuck through it and now benefits from the lessons. "At first, I didn't think I would persevere. I was confused on my first day by all the positions but eventually things came together and after a few classes it became easier. It's very good for your health and you meet great people," Sean explains.

Beginners' classes will start Thursday January 13 2005, 7:00 pm at the Milton Seniors' Activity Centre located at 500 Childs Drive. For more information call 905-825-0514.

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