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## Tai Chi Gozo

Fitness & Yoga Meditation ,Gozo, Victoria, Malta

Description

# Tai Chi

**10 introductory is the standard Wushu ( Chinese martial art ) form wich composes routine incorporates movements derived from the traditional Yang style Tai Chi Quan, the “ Supreme Ultimate Fist “.**

**It was created in 1999 by the Chinese Sport Committee especially for beginners. In practice it has received a lot of positive attention as well, for being a challenging fluid form which loads the body with energy ( qi ).**

**Today 10 Movements is the basic and most popular Tai Chi form in the world.**

**Taichi indications: the effect of this movements can be felt almost immediately after a single training. It improves blood circulation and has a positive influence of the nervous system, helps against stress and all kinds of pressure and negative emotions, overwork, excessive fatigue, overstrain, insomnia, arthritis.**

**With this easy to follow step by step exercise wich you can do even at 80 years old one can achieve greater health, overall balance and wellbeing.**

**You are invited to take the first step on your journey to better health and wellness**

**Tel 79283000 Yordan**

**yordandancho@gmail.com**

## Advertiser details

| | |
|---|---|
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| Phone | 79283000 |
| Email | info@gozo.at |
| Address | 79283000 ,Gozo, Victoria, Malta |

## More details

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| In This Ad - Classes | I am offering classes |
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