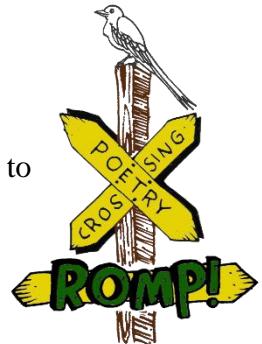


Tai Chi & Poetry Course for Older Adults

Information & Sign-Up Form

This is an 8-week course in tai chi with a poetry journal component. It is free of charge to Locust Grove-area residents of age 50 and up and is sponsored by the Rural Oklahoma Museum of Poetry (ROMP). The class is limited to the first 25 people who sign up.



When: Tuesdays, 5:30-6:30 p.m., April 5-May 24

Where: VFW Hall, 116 N. Broadway, Locust Grove OK

Why: Tai chi and poetry are both practices that can greatly improve a person's physical and mental health.

Who: The tai chi course is taught by Shifu Rick Thomas of Thomas Academy Tai Chi/Kung Fu in Tulsa. The poetry component consists of weekly journaling exercises designed by ROMP Director Shaun Perkins.

ABOUT TAI CHI (from TaiChiFoundation.org):

What is tai chi chuan?

Tai chi chuan is an ancient exercise that embodies China's most profound concepts and principles of health and movement. It offers true harmony between body and mind. Practiced at a slow and even speed, tai chi movements are widely acknowledged to help calm the emotions, focus the mind, and strengthen the immune system. In a very real sense, tai chi helps us stay younger as we grow older, thus making an essential contribution to our overall health and well-being.

How do I learn tai chi chuan?

Tai chi chuan is practiced as a "form," a well-defined sequence of movements that flows from one posture to the next according to underlying principles. The tai chi form is learned by practicing the movements and principles in class weekly and at home every day. In class teachers demonstrate the movements, and students practice them together as a group. The teachers give you hands-on adjustments to help you feel the best alignment for the movements and postures. No special equipment or uniform is required, though flat, cotton-soled shoes are highly recommended.

What are the health benefits of tai chi?

Regular practice of tai chi nourishes the body, mind, and spirit. As physical exercise, tai chi strengthens the legs and improves balance. Posture and flexibility in the joints are improved, so you can stand and move with less effort. The slow shifting of weight from leg to leg helps the circulation of blood through the body, improving heart health. The quality of relaxation in tai chi, as you move through the sequence of postures, helps to regulate the flow of your internal energy, your *qi*, through your whole body, nourishing the health of your internal organs.

As we learn to relax physically, we learn to relax our thoughts and emotions, relieving the stress of family, relationships and work. Stress relief is a common tai chi benefit that brings many people to this art.

Rural Oklahoma Museum of Poetry, 416 E. Main, 918-479-7667, ROMPoetry@gmail.com

Placing the focus of our awareness at the center of the body makes tai chi a moving meditation, a way to be centered and grounded throughout our day.

What if I have health problems or disabilities?

Properly taught and practiced, tai chi can be safely and productively done by anyone who can stand and walk. The movements and postures of the tai chi form can and *should* be done at your individual capacity and adapted to your current condition.

You'll be interested to know that many new scientific studies have shown the practice of tai chi to be beneficial to people suffering from virtually all the major chronic illnesses from heart disease to diabetes.

NOTE: As this course is being offered free and is limited in size, please be sure that you can attend on the dates indicated.

TEAR OFF AND COMPLETE THE FORM BELOW. Bring to 1st class or to museum, 10-5, Thu-Sat.

Sign-Up Form: All Information Must Be Complete.

Name_____

Age_____ Phone_____

Address_____

Email_____

NOTE: To participate in this class all members must be fully vaccinated against Covid-19, including having a booster shot. In order to participate, you must show your vaccination card when you arrive at the VFW Hall.

_____ (Please check) I have been fully vaccinated AND had a booster shot for Covid-19.

Participation in any exercise or exercise program involves the possibility of physical injury. If you engage in this program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Thomas Academy, ROMP, and the VFW Hall from any and all claims or causes of action, known or unknown, arising out of this program.

_____ (Please check) I agree with the participation indemnity statement above.

_____ Signature _____ Date