



Tai Chi

For The Mind and Body

Tai Chi is an excellent exercise for the mind and body. It has been proven effective for managing stress, enhancing resilience, improving balance, musculoskeletal strength, heart health and mental focus. This workshop is being offered specifically for MGB employees and immediate family members and students to support community wellness during these challenging times.

This practical introductory workshop is designed for beginners of all ages and stages of health. Participants will practice a simplified and easy to learn Tai Chi training program as outlined in the Harvard Medical School Guide to Tai Chi (authored by Dr. Wayne, the workshop leader).

Experiential sessions will be complemented by discussions of the health benefits of Tai Chi. At the close of the workshop, participants will be advised how to develop and integrate a regular practice of Tai Chi into their daily routines, and will be provided links to online resources that support ongoing practice and learning.

When: Saturday, May 1, 2021

9:00_{AM} to 2:00_{PM} (includes 30 minute lunch break)

Where: This is a live virtual workshop via Zoom

Fee: Free for MGB employees & immediate family.

All attendees will receive free access to an online professional home practice video program developed by Dr. Wayne.

To Enroll: Pre-registration is required. Please call the Osher Clinical Center at 617-732-9700.

Instructor

Peter Wayne, PhD—Author of “The Harvard Medical School Guide to Tai Chi” and Tai Chi Master



BRIGHAM HEALTH



BRIGHAM AND WOMEN'S
Osher Clinical Center for Integrative Medicine



Mass General Brigham