

Tai Chi Experience

What is **Tai Chi**? There are many forms of **Tai Chi** with significant differences between them.

Tai Chi is an [internal Chinese martial art](#) practiced for both its defence training and its [health](#) benefits



10 Reasons Tai Chi good for Health

1. Strengthen Balance
2. Improve Relaxation
3. Improve Blood Circulation
4. Improve Mental Strength
5. Coordination Balance
6. Joints Flexibility
7. Relieves Arthritis Pain
8. Reduce Falls
9. Clarity of Mind
10. Increase Stamina