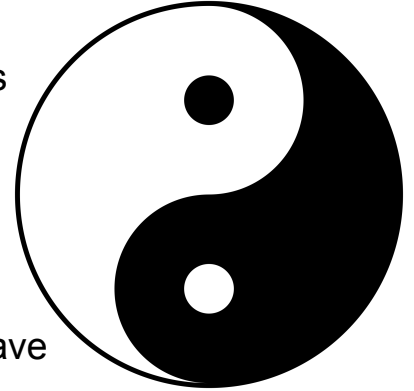


Tai Chi is in session!

Would you like to improve your circulation, coordination, posture, balance, and strength?
If so, join Jon Wilson for Tai Chi lessons at the **UPMC - Center for Integrative Medicine!**

Tai Chi is great for those looking to supplement other movement disciplines or sports. This slow, deliberate Martial Art can aide stress and pain management by strengthening the mind-body connection. Lessons are scaled to each person's fitness level and goals.

The curriculum is based on the Wu Style Essential Form as well as foundational exercises designed to emphasize full-body integration and relaxation while moving, as well as standing. Wu Style Tai Chi relies on naturally spaced stances and is well suited for those that have flexibility limitations or injuries to work around/recover from.



Private Lessons

For single participant - \$50, or get one lesson free when you purchase 6.

For couples/partners - \$75, or get one lesson free when you purchase 6.

Corporate Seminars and Programs also available!

Extensive research has been conducted around the benefits of Tai Chi, which include:

- improved balance and coordination
- decreased pain and limitations for individuals with arthritis
- improved flexibility and strength
- improvement in the heart and lung systems
- improved mood and sense of well-being

Call the Center for Integrative Medicine at **412-623-1203** for more information.
Visit us on the web at **integrativemedicine.upmc.com**.

Center for Integrative Medicine at UPMC Shadyside

Dedicated to increasing knowledge about safe and effective complementary and integrative medicine approaches.

About the Instructor

Jon has been an Instructor at Steel Dragon Martial Arts in Lawrenceville since 2012. He teaches Tai Chi classes, and after-school programs throughout the Pittsburgh area. He is also a member of the Lion and Dragon Dance performance teams that can be seen during Chinese New Year and specials events throughout the year. Jon is the Senior Disciple of Chris Young under the Yin Cheng Gong Fa lineage.

