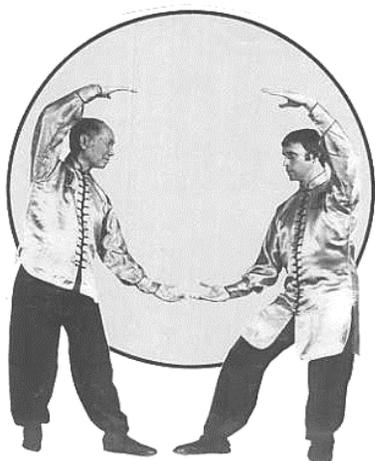


Therapeutic Tai-Chi

Health & Well-Being



John Chung Li & Robert F. Xavier
Yale University, 1973

Therapeutic Tai-Chi (TT) is an exclusive martial art health-care science. No eastern religion ever is taught by Pastor/Missionary Robert Xavier. Christ-centered relational illustrations are a significant part of the class curriculum!

"Beloved, I wish above all things that thou may prosper and be in health, even as thy soul prospers." (3 John 2)

WHAT IS HWA-YU TAI-CHI?

Hwa-Yu Tai-Chi has evolved from its 9th century origin in Chinese martial arts into a therapeutic exercise program for the promotion of healing and general well-being. There are many types of this practice. Hwa-Yu Tai-Chi has been recommended for centuries for the prevention, treatment and reversal of a wide range of common disorders. Hwa-Yu Tai-Chi, when properly taught by certified instructors, is a remarkable holistic health experience. Performed with slow, graceful movement, it is accompanied by powerful, yet calming mental concentration that revitalizes the practitioner.

HEALTH BENEFITS:

- Strengthens, balances and tones muscles
- Lowers blood pressure and stress
- Regenerates cells and detoxifies blood
- Invigorates and relieves tension
- Improves circulation and bone density
- Reduces bad cholesterol levels
- Improves concentration and creativity
- Addresses the problem of chronic pain
- Increases range of motion and flexibility
- Produces positive effects on cardiovascular, arthritic and diabetic conditions

† PURPOSE †

To provide a Christ-centered, easy-to-do, therapeutic, restorative healthcare activity, along with enjoyable Christian fellowship, that assists the individual to reach his/her optimal affective, cognitive, psychomotor and spiritual potential. (*Romans 5:8 & 1 Corinthians 15:1-4*)

GUARANTEED TO LIVE YOUNGER:

You can enjoy the state of optimal health, self-defense and well-being derived from the oldest therapeutic Tai Chi systems in the world as taught by Robert F. Xavier, Lineage Holder of Hwa-Yu (*pronounced Y-U*) Tai-Chi. Each class provides a wonderful Christian social exchange, with hands-on, personalized instruction that produces the very best results. It is a must for those who are sensitive to the Lord's aesthetic beauty of the movement arts. Tai-Chi is recommended around the world for a rapidly growing number of health concerns.

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COURSE FEE:

FREE INTRODUCTORY CLASS
Some Scholarships Available

Please, call:

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Missionary/Pastor Since 1980

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