



Tai Chi for Balance

“Tai Chi improves balance and motor control.”

-Harvard Medical Review, 2015



Photo credit: D Magazine, 2015

What is Tai Chi?

Tai Chi (Tai Chi Chuan, or Tai Ji) is an internal Chinese martial art. It is known throughout the world for its slow, meditative forms and healthful benefits. Medical research has found evidence that tai chi improves balance and general mental health.

The slow, rhythmic motions stretch the muscles and joints, stimulate balance, coordination, mental focus, and promote overall health and well-being.

About the instructor:

Michael Braitsch is a board certified Doctor of Physical Therapy (DPT), champion martial artist former amateur fighter, and former professor at El Centro College. He is a black sash (black belt) instructor of Tien Shan Pai Kung Fu and the internal arts (including Tai Chi and Qi gong).

When

Various classes available throughout the week. See the Tribe Wellness Monthly Calendar for times and locations.

*Private Training Available

Where

Tribe Wellness LLC Gym in Richardson
(Near Coit & Beltline)

100 N Cottonwood Drive
STE 108 Richardson, TX 75080

How Much

DAPS Members - \$20/class

Non-members - \$25/class

Memberships available at discounted rates



Contact Tribe Wellness:

Dr. Michael Braitsch PT, DPT

100 N Cottonwood Drive

Suite 108

Richardson, TX 75080

(214) 702 – 6559

TribeWellnessLLC@gmail.com

<https://www.facebook.com/tribewellnessllc/>