

# Tai Chi in West Kelowna is available to support your daily self-care routine



Wine Country Tai Chi Society (WCTCS) is celebrating 10 years of volunteer service to the Okanagan Valley with classes, workshops, and collaborative events. Their instructors know firsthand the health benefits of daily movements found in Tai Chi. The students of WCTCS have all experienced health and wellness changes, found friendships, and connected with others with similar health goals (Tai Chi in the Okanagan on Facebook).

Daily movement with the Tai Chi set brings balance and flow to all the organ systems, increases circulation, moves stagnant lymph fluid, calms emotions, deepens the breath, and nourishes the brain, the list is extensive. Taking charge of your own health through specific movements cumulatively builds energy in the body and helps to store it for when it is needed. This proactive approach also brings people together to practice and care for one another.

The seated form of Tai Chi supports enhancing movement patterns while engaging the muscles

throughout the legs to build strength and agility. The spiral action of the core of the body massages the organs and moves the fascia to promote circulation, lymph flow, and organ processes. For those with an injury or movement limitations, this is an incredible way to rehabilitate and reorganize the systems.

The saber set, with a wooden saber, helps to create spiral patterns through the core of the body and the arms with special attention to the rotation of the spine, pelvis, and neck. All great for building a strong and supportive posture.

The Lok Hup set is learned after the main Tai Chi set. The first half focuses on the relationship of the tendon to the muscle, where emotions can tighten and restrict movement. The second half focuses on the well-being of the organs.

How can you get involved? Check out the website for the WCTCS, register for a class, and check on their events and blog posts. Also, try the supporting videos at Tai Chi Wellness on YouTube, which assist you in remembering details and having someone to demonstrate. WCTCS is also known for the Wine and Chi events through the summer, practicing Tai Chi in the vineyards, as well as doing regular practice at the Gellatly Nut Farm near the water.

**About the author:** Michelle Greenwell, BA Psych, MSc CAM, Doctoral student in CIH (Complementary and Integrative Health), is on the board with WCTCS and has been practicing Tai Chi for almost three decades. She loves the flow and ease of the movements and the strength and mobility that her knees and feet have gained from regular practice. She credits using her glasses less and less due to her daily habits and practice of Tai Chi.

**USE TAI CHI TO  
IMPROVE YOUR HEALTH**



## **TAI CHI HELPS ALL AGES:**

• Balance • Energy • Stress • Flexibility • Health • Circulation

## **ALL ABILITIES:**

• Standing Classes • Seated Classes • Daytime & Evening

**Balance both Mentally & Physically with Tai Chi**

• West Kelowna

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 Tai Chi In The Okanagan

 YouTube Tai Chi Wellness and the Seated Form

