



Stress Reduction



Illness Prevention



Movement & Meditation



Lowers Blood Pressure



Relaxes Muscles & Joints

About Tai Chi Chuan

Tai Chi Chuan is an art form of continuously flowing, slow and even movement with steady concentration. The goal of this movement is to be relaxed, but fully alert. The fluid, easy practice of Tai Chi creates a calm and clear mind with a sense of increased agility, balance, ease of motion, and physical well-being.

**ONGOING CLASSES
8 WEEK SESSIONS**

Cost: \$99

new classes start on the 1st of the month!

South Portland

Monday 5:30 - 6:45pm

Saturday 9:00 - 10:15am

Topsham

Tuesday 5:30 - 6:45 pm

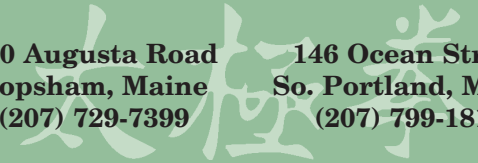
Thursday 8:00 - 9:15 am

**For more information call
729-7399**



Tai Chi

610 Augusta Road Topsham, Maine (207) 729-7399
146 Ocean Street So. Portland, Maine (207) 799-1814



Student Testimonials

"As I strive to bring balance to my overactive life, the Tai Chi is becoming the link to that balance."



"...it's about letting the stress of the world fade away."



"For me, Tai Chi is finding calm in the middle of the storm."

About Riverview Foundation

Riverview Foundation is an educational facility, dedicated to improving the quality of life, through a non-competitive nature-based martial art in Topsham and South Portland, Maine. Riverview offers a wide variety of Martial Art programs for all ages with the unified purpose of enhancing health, safety and personal growth on all levels.

Riverview also provides outdoor training on our 188-acre facilities in Topsham and wilderness programs at our 50-acre mountain and 111-acre woodland river facilities in the Northern Maine Woods.



Tai Chi : 24 Move Short Form

A basic course of Tai Chi principles, movement, and essence. This course teaches students the Yang Style Short Form, an excellent form for all experience levels. 12-week sessions of this course will cover the technical details of the 24 moves of the Form. Students may re-enroll in this course in order to polish knowledge of the Form, to "brush up" on the basic principles of Tai Chi, or enjoy practicing with the group!

Tai Chi Chuan : 60 Move Form

Tai Chi Chuan is an ongoing course of the full Art of Tai Chi Chuan. The curriculum includes 37-move, 60-move and longer Tai Chi Forms, Chi Gung, and diverse topics including the Tai Chi Classics. This course will further students' understanding of their Art by exploring the chi and self-defense applications of the movements. Prerequisite for study: a solid understanding of the basic Tai Chi principles of movement and a commitment to learning.



Other Studies Offered in the Tai Chi Program

Other studies offered in Tai Chi include weekend and day retreats and intensive studies; corporate seminars for stress reduction and team building; and educational and wellness seminars offered in retirement communities and private groups.