



# 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.

## When

Monday, Thursday, Friday 10:45-11:45am  
Wednesdays 9-10am

## Where

On ZOOM and in person\*

## How Much

\$25 Drop in  
Recurring payments as cheap as \$12.75/Class  
Caregivers and family members welcome too!

## Why

To work on balance, coordination, cognitive function, posture, strength....and most importantly....for fun!

## About the instructor:

Michael Braitsch is a licensed Doctor of Physical Therapy (DPT) who specializes in treating neurological disorders, a champion martial artist former amateur fighter, and former kinesiology professor. He is a black sash (black belt) instructor of Tien Shan Pai Kung Fu and the internal arts (including Tai Chi and Qi gong).



## Contact Tribe Wellness:

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\*Please note that group exercise programs should not be confused with and are not intended to replace individualized physical therapy services