

Benefits of Tai Chi and Qigong

Tai Chi and Qigong combine gentle movement, posture, breathing, and focused attention. With regular practice, they may support many aspects of physical health, mental well-being, and everyday life.

Physical benefits

1. Improves balance and stability.
2. Helps develop better coordination.
3. May reduce the risk of falls, particularly in older adults.
4. Supports flexibility and comfortable range of motion.
5. Helps maintain joint mobility.
6. Develops functional strength.
7. Builds muscular endurance.
8. Encourages better posture and alignment.
9. Improves body awareness.
10. Develops controlled, deliberate movement.
11. Encourages smoother weight shifting.
12. Supports walking ability and functional mobility.
13. Provides gentle, low-impact physical activity.
14. Helps maintain physical activity as we age.
15. Can be adapted for seated practice and different ability levels.
16. May help reduce pain and improve physical function for people with certain conditions, including knee osteoarthritis.
17. May improve aspects of physical fitness and exercise capacity.

Mental and emotional benefits

18. Helps promote relaxation.
19. May reduce perceived stress.
20. Encourages calm and focused attention.
21. Develops concentration.
22. Trains the mind to return to the present moment.
23. Provides a moving form of meditation.
24. Encourages patience and a willingness to learn gradually.
25. Develops awareness of thoughts, feelings, and physical sensations.
26. May support emotional well-being and mood.
27. Offers a constructive break from daily distractions.
28. Encourages a greater sense of balance between activity and rest.
29. May help improve quality of life.
30. Can provide a calming daily ritual.

Breathing and mind-body benefits

- 31. Develops awareness of natural breathing.
- 32. Encourages coordination between breathing and movement.
- 33. Helps practitioners recognize unnecessary muscular tension.
- 34. Encourages relaxed, efficient movement.
- 35. Develops awareness of how the body moves as a connected whole.
- 36. Improves coordination between attention, posture, and movement.
- 37. Encourages a more mindful relationship with the body.
- 38. Provides an opportunity to slow down and reset.
- 39. Helps practitioners notice habits of rushing, bracing, or holding tension.
- 40. Encourages a sense of presence during ordinary activities.

Everyday life and healthy aging

- 41. Helps develop confidence when moving.
- 42. Practices skills used in standing, turning, reaching, and changing direction.
- 43. Encourages independence through maintaining balance and mobility.
- 44. Provides an accessible way to stay active without high-impact exercise.
- 45. Offers an opportunity for lifelong learning.
- 46. Can be practiced at home with little or no equipment.
- 47. Can be practiced individually or in a group.
- 48. Creates opportunities for social connection and community.
- 49. Encourages consistency through short, repeatable routines.
- 50. Provides a practical way to make time for personal well-being.

Traditional practice and personal development

- 51. Encourages patience and persistence.
- 52. Develops awareness of posture, movement, and physical habits.
- 53. Teaches the value of relaxation without collapsing or losing control.
- 54. Encourages coordination rather than unnecessary force.
- 55. Develops a deeper appreciation for controlled movement.
- 56. Encourages attention to the details of simple actions.
- 57. Provides an opportunity to connect movement with breathing.
- 58. Encourages self-awareness and self-discipline.
- 59. Connects practitioners with traditional Chinese movement and wellness practices.
- 60. Offers a lifelong practice that can evolve with changing abilities and goals.