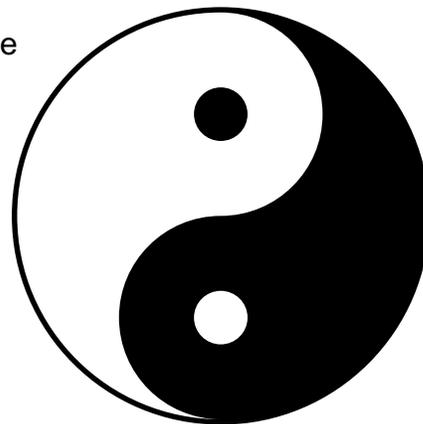


## **EXPERIENCE THE POSITIVE HEALTH EFFECTS OF TAI CHI**

*Would you like to improve your circulation, coordination, posture, balance, and strength?*

If so, join Jon Wilson for Tai Chi classes at the **UPMC - Center for Integrative Medicine!**

Classes are for beginners as well as those already familiar with the practice of Tai Chi. The curriculum is based on the Wu Style 16-Posture Essential (Short) Form and is both accessible and beneficial to those of all fitness levels. The slow, deliberate Martial Art can aide stress and pain management by improving mind-body awareness, and re-training the body to relax while moving as well as standing. Wu Style Tai Chi relies on more naturally spaced stances and is well suited for those that have flexibility limitations or injuries to work around/recover from.



### **Tuesdays**

5:00 p.m. to 6:00 p.m. – **\$15 per class**

Private Lessons also available – **Individually or buy 5 and get the 6th free.**

Extensive research has been conducted around the benefits of Tai Chi, which include:

- improved balance and coordination
- decreased pain and limitations for individuals with arthritis
- improved flexibility and strength
- improvement in the heart and lung systems
- improved mood and sense of well-being

Drop in or call the Center for Integrative Medicine at **412-623-1203** for more information.  
Visit us on the web at **[integrativemedicine.upmc.com](http://integrativemedicine.upmc.com)**.

**Center for Integrative Medicine at UPMC Shadyside**  
Dedicated to increasing knowledge about safe  
and effective complementary and integrative medicine approaches.



### **About the Instructor**

Jon is the Assistant Instructor at Steel Dragon Martial Arts in Lawrenceville. He also teaches an after-school Kung Fu program at Reserve Primary School in Shaler, as well as ongoing Tai Chi classes at Shepherd Wellness in Bloomfield, and community-centered classes in Edgewood. He trains and teaches in several different styles of Kung Fu including: Wu Style Tai Chi Chuan, Ying Jow Kuen, and Xing-Yi Quan. In 2012, he became the Senior Disciple of Chris Young under the Yin Cheng Gong Fa lineage.