

Benefits from Practicing Shibashi

Comments that people have made about improvements they have experienced since attending Tai Chi classes include:

- Improved balance
- Stress relief
- A comfortable, gentle exercise
- Better breathing
- Improved mobility and flexibility
- Increased strength
- Better concentration
- Controlled co-ordination
- More confidence
- Enhanced sleeping patterns
- Improved periods of relaxation
- Getting out and enjoying a social activity

Tai Chi in general is an exercise method within which we set our own goals for personal achievement with a mixture of mental focus with relaxation and physical mobility with flexibility. Tai Chi is not a miracle cure, it is an ongoing maintenance program for continued improvement for those wishing to do something to help themselves.

People from all walks of life sometimes experience back pain, other aches and pains, arthritis or restricted mobility and can feel angry or defeated when they try to do a variety of different exercise regimes and fail. My Shibashi participants are all very positive saying that they have found a form of exercise that's enjoyable and allows them to work at their own pace and level. As they begin to achieve their goals they feel fulfilled I describe this as an upward spiral. As they start to succeed they are able to exercise for longer sessions and reach for more depth finding positive health benefits. This feeling of ongoing achievement has an uplifting effect which makes for a happier lifestyle.