

# tai chi

FOR BALANCE



Corporate Tai Chi and Qigong  
Opportunities that can Benefit  
Wellness Programs of any Size

**Tai Chi for Balance offers companies an opportunity to provide mind-body exercise for their employees. Classes are cost effective and combine physical activity, meditation, and focused breathing. Investment in wellness pays back!**



**The impact of stress in the workplace correlates to absenteeism, decreased productivity and insurance claims.**

If you are interested in helping your employees relieve stress while increasing balance, flexibility and strength, we have opportunities for you! We offer a variety of Tai Chi and Qigong classes and can tailor a program to fit your corporate wellness needs.

The benefits of Tai Chi include:

- Decreased stress and anxiety
- Enhanced quality of sleep
- Enhanced immune system

“Time spent practicing Tai Chi makes your time at work more focused and creative, helps you manage stress, makes your interactions with coworkers more efficient, and gives you the energy to work longer, more productive hours.”

*The Harvard Medical School Guide to Tai Chi*, © 2012



# Corporate Tai Chi & Qigong Opportunities



## *Employee Training*

### **Train 15-20 Employees in Dao Yin Qigong**

Tai Chi for Balance will provide an instructor to come to your facility or can host offsite training. Employees would receive a two hour training in the benefits of Qigong, learn Qigong forms and receive a DVD in order to practice at home.



## *Ongoing Classes*

### **Provide Tai Chi or Qigong Classes to Employees**

Contract with a Tai Chi for Balance instructor and provide classes for employees. Classes can be held once or twice a week for 30-60 minutes.

### **Provide space to offer Tai Chi or Qigong Classes**

Tai Chi for Balance can provide an instructor to teach classes once or twice a week for 30-60 minutes and employees would pay drop-in rate to the instructor.



## *Wellness Points*

### **Offer Wellness Points for Attending Classes**

If employees attend a class in the community they can earn points or hours in a company wellness program. To find a list of classes, go to [www.taichibalance.org](http://www.taichibalance.org).

Our instructors are **certified and endorsed**, and are required to attend ongoing training to ensure **program fidelity**.



Tai Chi and Qigong are practices that can be started at any age, and can help counteract the effects of a desk job, which include an increased risk of cancer, cardiovascular disease, and type 2 diabetes. And you don't have to change into workout clothes! Programming can be tailored to meet your company's needs.

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[www.taichibalance.org](http://www.taichibalance.org)

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