

## Arthritis Tai Chi, Joint Exercise Classes

Age Requirements

16-21

,

18 and over

Available 24/7

No

Family

No

Intake Contact

Judith Forsyth

Intake Process

You can pre-register for the class of your choice by website, or we will help you register by phone or email. Please use the Contact page on the website to pay for classes.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Bending Tree Tai Chi Kung

<http://bendingtree.org/>

Main

(757) 318-9355

1716 Pleasure House Road

23455 VA

United States

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Bending Tree Tai Chi provides methods of how to deal with stress, to quiet the mind, to stop worrying and to promote your wellness. Tai Chi Wellness (Qigong), is offered once a week. The Tai Chi for Arthritis, Tai Chi for Health, and Tai Chi for Diabetes classes are 1 hour long. Tai Chi for Arthritis and Fall Prevention is helpful for individuals with a chronic illness.

As the classes are progressive (building-block style), practice is helpful between classes. These classes incorporate specific breathing and joint opening exercises, which alone will help improve your flexibility and overall health.

Ask about other classes, workshops, retreats, and products for seniors to practice and study the ancient Chinese moving meditation called Tai Chi or Chi Kung (qigong).

Bending Tree is now part of Tai Chi East-West Alliance (TEA).

Service Area(s)

Hampton City

,

Norfolk City

,

Virginia Beach City

Email

[director@bendingtree.org](mailto:director@bendingtree.org)