

# Tai Chi and Qigong, Motion Meditation

Age Requirements

16-21

,

18 and over

Available 24/7

No

Other Eligibility Criteria

Some classes are for active seniors, others for individuals with medical concerns,

Family

No

Intake Contact

Judith Forsyth

Intake Contact Email

director@bendingtree.org

Intake Process

You may register for a free tai chi class for seniors by phone, email, or through the website

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 Rd

23455 VA

United States

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

Bending Tree offers classes, workshops, retreats, products for seniors to practice and study the ancient Chinese moving meditation called Tai Chi or Chi Kung (qigong). Day and night classes available.

Classes offered specifically for active seniors, Tai Chi for Arthritis, Tai Chi for Diabetes, and a traditional Chi Kung/Tai Chi program with people of all ages. Bending Tree offers the opportunity for social interaction at our annual Senior Tai Chi Tea and other events just for seniors.

Bending Tree has a Senior Citizen Coordinator who works with a team of seniors called the "Silver Tigers." Our company is devoted to the health and wellness of the wise amongst us- our seniors.

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

Service Area(s)

Chesapeake City

,

Hampton City

,

Norfolk City

,

Virginia Beach City

Email

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