

# T'ai Chi for Health and Happiness

A fun and informative presentation by author and speaker, Dan Hegstad

You don't have to learn T'ai Chi to learn from T'ai Chi

Discover what the Chinese have known for centuries: the simple, gentle movements of T'ai Chi and the related practice Chi Kung will improve your health and bring balance to your mind, body and spirit. Regular practice of T'ai Chi and Chi Kung has been shown to:

- Lower blood pressure
- Improve sleep
- Lower stress
- Improve balance
- Improve overall health



Everyone can learn and benefit from T'ai Chi and Chi Kung. Dan has been teaching for over 30 years through his school, Full Circle T'ai Chi. This one-hour presentation will teach you the how and why of the practice and a free video is included.



For more information or to inquire about speaking availability please contact Dan at:  
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