

Guy Finley started his Tai Chi journey after battling obesity and Type II diabetes for many years. After he lost a substantial amount of weight he began looking for activities to get fit and stay healthy. Though the weight was gone, the years of obesity had taken their toll.

Tai Chi has sharpened Guy's focus on health, revival, and renewal. The core strength and balance he has realized since he started practicing Tai Chi have been immensely beneficial. He's presently a student of Chen and Sun-style Tai Chi.

Having reaped these benefits, Guy decided to become an instructor. His focus is on helping those battling obesity and diabetes, arthritis, osteoporosis and loss of mental acuity. Through the proven methods of the Tai Chi for Health programs these chronic diseases afflicting so many can be pushed back. Guy seeks to help others to do just that.

Guy is certified in First Aid and CPR with the American Red Cross as well as several programs with the Tai Chi for Health Institute and was a scholarship winner from the Tai Chi for Health Community to study for a week in Forest Grove, Oregon, in June 2018. You can learn more online at taichi-guy.com.

I wish I would have known about Tai Chi when I was morbidly obese ... I could have done something.

Key Benefits

- ▶ *Improve balance*
- ▶ *develop core strength*
- ▶ *disconnect from the physical world*

Tai Chi is proven to:

- ▶ *improve focus & concentration*
- ▶ *relieve stress*
- ▶ *enhance balance*
- ▶ *build core strength & fascia*
- ▶ *recover from injury and chronic conditions*

Tai Chi has proven beneficial for:

- ▶ *Osteoarthritis*
- ▶ *Rheumatoid arthritis*
- ▶ *Fall recovery and prevention*
- ▶ *Joint pain and replacement*
- ▶ *Back pain*
- ▶ *Fibromyalgia*



Tai Chi

For active adults, athletes and anyone recovering from chronic conditions or injury.

taichi-guy.com

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Tai Chi @ City Square Wellness

We'll be teaching the Tai Chi for Energy (Part 1 and Part 2) form from the Tai Chi for Health Institute. This form is a combination of Chen-style Tai Chi which is characterized by more martial movements with fast and slow movement and Sun-style Tai Chi which has a higher stance and slower movements.

While anyone can benefit from practicing this form, and we will make modifications for those recovery from injury or other chronic conditions, this form is challenging and is oriented towards teens, active adults and athletes. Visit taichi-guy.com for more information.



Qigong

Literally “energy cultivation”. Qigong is centuries older than Tai Chi and consists of deep breathing and movements to cultivate qi.



Chen-style Tai Chi

The oldest and most martial form of Tai Chi – it has both slow and quick movements.



Sun-style Tai Chi

The newest form of Tai Chi created by Sun LuT'ang – it has smooth, compact, and upright movements with a heavy emphasis on qigong.



Class Schedule & Information

Visit our website at taichi-guy.com for more information. We currently have classes scheduled for Tuesdays @ 7 PM, Fridays at 10 AM and 2nd and 4th Saturdays at 10AM all at 11 N Wisconsin!