

# TaiJi for Community Health & Healthy Aging

*A Cultural Movement Program for Balance, Mobility, and Confidence*

The Attaining Softness TaiJiQuan Association (ASTA) –

<https://www.ghosthand.org/astaseniorliving/>

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## About the Program

This 12-week TaiJi program brings the healing power of traditional Chinese movement arts directly to community centers, senior centers, and Healthy Active Living (HAL) centers across Pittsburgh. Designed by master instructor **Marc Black**, the program blends cultural heritage with modern wellness practices to support:

- Balance
- Mobility
- Joint health
- Confidence in movement
- Stress reduction
- Social connection

TaiJi is slow, soft, adaptable, and deeply effective—perfect for adults of all ages, especially older adults and individuals with mobility concerns.

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## Why TaiJi Works

Research and lived experience show that TaiJi can:

- Reduce fall risk
- Improve balance and leg strength
- Support joint-friendly movement
- Lower stress and blood pressure

- Enhance focus and body awareness
- Increase confidence in everyday movement

This program combines ancient wisdom with modern health benefits in a warm, welcoming environment.

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## Program Structure

- **Length:** 12 weeks
  - **Session Length:** 60 minutes
  - **Format:** In-person, in a community or HAL center
  - **Accessibility:** All movements can be practiced standing or seated
  - **Core Elements:**
    - Gentle mobility drills
    - Fall-prevention principles
    - QiGong breathwork
    - Slow TaiJi sequence work
    - Short cultural and philosophical insights
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## Program Goals

- Improve balance, mobility, and confidence in movement
- Reduce stress and support emotional resilience
- Encourage safe, sustainable daily movement routines
- Strengthen social connection and community belonging

- Introduce participants to TaiJi as a meaningful cultural movement art
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## Who We Serve

This program is designed for adults of all ages, with a primary focus on:

- Older adults in Healthy Active Living centers
- Seniors in independent or assisted living communities
- Caregivers seeking gentle wellness practices
- Adults with mobility or balance challenges
- Community members seeking accessible, culturally rich movement

All participants are welcomed exactly as they are, and movements are adapted to each person's ability.

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## About the Instructor

**Marc Black** is a master-level TaiJi and QiGong instructor with nearly 40 years of experience preserving, teaching, and transmitting traditional Chinese internal arts. His training integrates cultural heritage, martial arts lineage, and modern movement science.

Marc specializes in helping older adults improve balance, reduce stress, and move with confidence. His teaching is gentle, accessible, and grounded in the belief that wellness should belong to everyone—especially those who have had the fewest opportunities to access it.

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## Partnership & Funding

We partner with:

- Healthy Active Living centers
- Senior living communities

- Libraries and community centers
- Nonprofits and neighborhood organizations

Funding support is available through local foundations, community health organizations, and fiscal sponsors. We provide:

- Program design and curriculum
- Instruction and class facilitation
- Simple evaluation tools and impact summaries

Partner organizations provide:

- Space for classes
- Basic outreach to their members

Together, we create a safe, uplifting space for community members to move, breathe, and connect.

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## Contact

To discuss bringing this TaiJi program to your community:

- **Email:** bms1pgh@gmail.com
- **Phone:** 412-759-8570
- **Website:** [www.ghosthand.org](http://www.ghosthand.org)