TAI CHI IN MONTEREY COUNTY

A Guide to Tai Chi health classes in the Monterey Bay Area
ABOUT TAI CHI

Tai Chi originated in China as a martial art, and there is a growing body of evidence indicating its ability to help treat and prevent a variety of diseases. Known for its flowing, low-impact movements, tai chi is suitable for a diverse range of patients, ranging in age, gender, and health status.

The health benefits of Tai Chi are numerous, including improved flexibility, increased focus, and decreased stress and anxiety. It has helped patients recover from surgery, injury, and even from addiction.

Before incorporating Tai Chi into your treatment plan, be sure to consult with your doctor. You may also want to talk to a tai chi instructor to learn more about the practice, or even observe a class prior to participating.

TAI CHI CLASSES

TAI CHI FOR HEALTH COMMUNITY OF THE MONTEREY BAY AREA

This group of Tai Chi instructors provide multiple classes throughout the week at locations across the county. For instructor biographies and class schedules, visit https://tchcmontereybay.com/

MONTAGE WELLNESS CENTER

Address: 2920 2nd Ave, Marina, CA 93933
Phone: (831) 883-5656
Website: https://www.montagewellnesscenter.com/main/classes/#.XTzhYNNKgb0

CARMELBARRE

Mondays at 4:30PM @ Monterey location
Address: 465 Pacific St, Monterey, CA 93940
Phone: (831) 238-9766
Website: https://carmelbarre.com/

WEDNESDAYS AT 10:15AM @ Carmel location
Address: 26135 Carmel Rancho Blvd Suite, E-104, Carmel-By-The-Sea, CA 93923
Phone: (831) 238-9766
Website: https://carmelbarre.com/

BLOOMING LOTUS TAI CHI

Website: http://www.bloominglotustaichi.com/
Email: bloominglotuschi@baymoon.com

Offers various classes around the Monterey and Santa Cruz areas. Visit their website to learn more.

MONTEREY SPORTS CENTER

Address: 301 Franklin St, Monterey, CA 93940
Phone: (831) 646-3730
Website: https://www.monterey.org/sportscenter/

SALLY GRIFFIN ACTIVE LIVING CENTER

Address: 700 Jewell Ave, Pacific Grove, CA 93950
Phone: (831) 375-4454
Website: https://www.mowmp.org/sally-griffin-active-living-center.htm

INDIGO HOLISTICS

Address: 3771 Rio Rd Ste. 103C, Carmel, CA 93923
Phone: (917) 456-2750
Website: http://www.indigoholistics.net/index.html

SALINAS VALLEY MEMORIAL HEALTHCARE SYSTEMS

Address: 450 E Romie Ln, Salinas, CA 93901
Phone: (831) 759-1890

Classes offered in six-session series through the Health Promotion Department.