



The Learning Exchange

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Subject: Tai Chi

Lead Tutor: Lisa Kay

Dates/Times:

Wednesday 6th July, 13:00-14:00

Wednesday 20th July, 13:00-14:00

Monday 1st August, 13:00-14:00

Monday 15th August, 13:00-14:00

Monday 22nd August, 13:00-14:00

Monday 29th August, 13:00-14:00

Location: Endeavour House

Course Overview:

A series of gentle physical exercise and stretches with each posture naturally flowing in to the next, ensuring that your body is in constant motion.

Tai Chi is sometimes described as meditation in Motion because it promotes serenity through gentle movements connecting mind and body.

Benefits from practising Tai Chi it enhances body awareness, balance, coordination, strength and flexibility.

Great for beginners.

Teaching and Learning Approaches:

Guided movement

Assessment:

There is no formal assessment – taking part is what counts.