

TAI CHI & QI GONG

Tutor: *Richard Edwards*

Tai Chi & Qi Gong

Monday 1:00pm to 2:15pm

Qigong is a Healing Art. It is also an important branch of Traditional Chinese Medicine known as “Chinese Yoga” and has significant similarities to Tai Chi, as both work on Qi and life. In a practice, body movement, breathing techniques, sound meditation and mind activity are used to directly work on Qi – our energy or life force. Practiced by millions worldwide, Qigong is a powerful and effective tool for preventing illness and improving health. It strengthens and balances the whole body, including the organs and the immune system. It helps to calm the mind so the practitioner can find a balanced, relaxed and harmonious state more easily and more often. When in a state of physical, mental and emotional balance, we are better able to meet all kinds of challenges in life.

Tai Chi combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th-century China, Tai Chi is today practised around the world as a health-promoting exercise. Tai Chi can be practiced at various levels of fitness and can be implemented in daily life. The main guiding principles of Tai Chi include the integration of mind with body, control of breathing, and movement. According to the NHS there are studies showing that Tai Chi can help reduce stress, improve posture, balance, and general mobility, and increase muscle strength in the legs. Stress affects many aspects of the body. Tai Chi is suitable for most people, including the less mobile due to its gentle movements. Tai Chi can be practiced in everyday clothes and comfortable, flat footwear.

This class also offers seated variations.

Wear comfortable clothing, flat shoes and I suggest bringing some water.

Richard has been training in gymnasiums for 40 years, and been a personal trainer for a range of ages from 20 to 70's. He has a good knowledge of diet and nutrition, taking a sensible attitude to the healthy balance between diet and exercise.