

Beginners Tai Chi for mature adults

Tai Chi is an ancient Chinese martial art which was originally intended for use with other martial arts for both personal defense and combat. Now, it is generally used as a form of gentle exercise often with a meditative element. The deliberate, slow and flowing movements of the arms, legs and body are also closely associated with mindfulness and concentration on the here and now.

Tai Chi is a whole-body exercise without straining any part of the body and because the movements are controlled and deliberate, Tai Chi also promotes alertness and self-awareness which in turn helps you to relax and develop peace of mind in a busy and sometimes stressful world.

Many health benefits are claimed for Tai Chi, including increased energy levels, improved balance, reduced arthritic pain, improved breathing and circulation, lower blood pressure, an easing of stress, anxiety and depression and as a means of preventing/delaying/improving memory loss. Whether Tai Chi helps you overcome issues or not, it remains a satisfying way to take time out and focus on your own body for a while.

Tai Chi is nonaggressive, noncompetitive and self-paced. There is no “right” or “wrong” way to do a move and you determine what you can do and how far you can take any movement. All the moves we will be doing in this group can be adapted for seated participants, and none require high levels of strength, flexibility or fitness.

We will start our sessions with learning the individual moves and will finish each one with a “flow” - that is a set of movements carried out one after another in a flowing continuous movement. This is a beginners’ group and I will not be assuming that you already know how to do the moves or that you practice a flow regularly, but if you are more experienced, you are still very welcome to come to the sessions and either do the flows we have or simply do your own flow along with the soft music we will be using.

Contact me if you would like to come along and try Tai Chi and join our group or if you want more information about what we will be doing. My email address is alijanlaw@gmail.com or you can find me through the u3a committee membership secretary email: tiptreeu3amsec@gmail.com

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Alison Lawrence