



Tai Chi - Beginners

Tutor Name:

Alison Warlow

Day & Date

Mondays

18 September 2017

15 January 2018

23 April 2018

Timings

8pm - 9pm

Price:

£55

Number of Weeks

10

Target Group

all

Skills and qualifications needed:

none

Any further steps

see website for more details

Teaching & learning methods used:

A lot of instructor led group practice, some talking about T'ai Chi principles, a little partner work.

Course Details

T'ai Chi is a meditative form of exercise that can help to improve our physical and mental wellbeing. This class will introduce the basic principles with relatively simple exercises, as well as starting to learn the Yang style Short Form.

What will the learner be able to do upon successful completion of the course?

Learners will be better able to relax their bodies and calm their minds. They will be able to practice a range of individual exercises and parts of the Short Form

How progress and success will be recorded:

A tracker will be completed at the beginning of the first class – the tutor will observe and discuss your progress

Materials required for first week:

Additional Costs:

Comfortable clothing and flat shoes



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Course Information Sheet

We are fully committed to equality of opportunity and we welcome enrolments from everyone. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a community based on mutual trust and respect.

We positively encourage all learners with any concerns about specific needs which might affect their learning to discuss their requirement with us in confidence.

Arrangements have been made to make sure that you are safe in this centre. If you feel you are not safe for any reason, please tell your tutor or centre manager, who will investigate to ensure your safety.

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