



Tai Chi - Improvers

Tutor Name:

Alison Warlow

Day & Date

Mondays

18 September 2017

15 January 2018

23 April 2018

Timings

6.30pm - 8pm

Price:

£83

Number of Weeks

10

Target Group

all

Skills and qualifications needed:

none

Any further steps

Teaching & learning methods used:

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

Course Details

This class will offer students with previous T'ai Chi experience the opportunity to deepen their practice. We will learn and work with the second part of the Yang style Short Form.

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

Learners will have a deeper understanding and experience of T'ai Chi benefits and principles and improved performance 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



Sawston
Adult
Education

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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