



TAI CHI

BOLD BLEATHER BY ANNE IRVINE

AN INTRODUCTION TO TAI CHI FOR BEGINNERS



ME AND MY JOURNEY WITH DEMENTIA & TAI CHI

MY TAI CHI PRACTICE

WHAT IS TAI CHI

A GUIDED 3 LINE RELAXATION THAT WE CARRY OUT BEFORE THE SESSION BEGINS

TAI CHI V QI GONG

TAI CHI WALKING DEMONSTRATION VIDEO

THE BENEFITS OF TAI CHI

A MNI DEMONSTRATION OF TAI CHI FROM ME & A YOUTUBE WALK THROUGH

THE SOCIAL PRESCRIBING ASPECT OF THE PRACTICE

MY TAI CHI PRACTICE

MY TUTOR TEACHES A VERY LARGE MIXED CLASS TWICE A WEEK

- THE BEGINNERS
- THE INTERMEDIATES
- THE ADVANCED
- THE ADVANCED ARE AMAZING TO WATCH, THEY ALSO USE FANS AND SWORDS AND IS MESMERISING TO BEHOLD
- I AM AN INTERMEDIATE, AND DUE TO MY CARING ROLE I HAVE DIPPED IN AND OUT OF LESSONS FOR ANY YEARS
- THE MOST POSITIVE THING THAT I TAKE FROM PRACTISING TAI CHI IS THE RELAXATION

WHAT IS TAI CHI?

Tai Chi is an ancient system of movements that coordinate the hands, feet, body, mind, and breath. There are long and short versions of the tai chi form as well as forms that involve weapons. It has its origins in China in the 12th century with fighting and self-defense designed for the military and religious monks alike. Therefore it's a martial art but most practitioners study it today in a non-competitive way.

The same soldiers and monks who gained fighting skills also gained physical fitness, stamina, and longevity through the stretching, gentle movements, and physically rigorous postures. So in this sense, tai chi is also a valuable form of exercise. They say valuable because it can be performed at any age. It can be not only modified to accommodate injury and illness but can also aid healing and improve those ailments. This is in stark contrast to most physical activities where doctors ask us to hold off until we feel better.

I would say, please never undertake any new physical exercise without first consulting with a healthcare professional.

It is often described as moving meditation because one of the goals and benefits from doing the form is to calm the mind and reduce stress. The movements are designed to coordinate and elongate the breath while correcting the posture and training mental focus. Lastly, tai chi is a philosophy, learning to move differently during the form teaching lessons that can be taken from the form and applied to life!

Tai Chi a Moving Meditation

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Qi Gong a Standing Practice

Most people meditate or would like to meditate for the promised calm state of mind and positive outlook on life. What is less known is that you don't have to be sitting in a quiet room to accomplish this. There are standing meditation practices with and without movements called qi gong and the moving meditation of tai chi.

Tai chi is called a moving meditation because the same techniques such as focusing on the breath and coordinating it with movements, calming the mind, focusing on the present, and slowing down are shared by both. Meditation and tai chi also share a similar set of goals. Practitioners of both enjoy an improved mental state, positive outlook, and way to navigate stressful situations in their life.

The Benefits of Tai Chi

Tai Chi boasts many benefits to both your inner and outer health. The below are the most notable, but this is not an exhaustive list.

- **Relieves stress and anxiety:** the meditative aspect of Tai Chi combined with the physical movement can help calm your mind, improve focus, and can even help trigger the release of feel-good endorphins.
- **Boosts cognitive abilities:** In addition to improving your mental wellbeing, Tai Chi has also been found to boost cognitive abilities. A 2013 meta-analysis published in the *Journal of Sport and Health Science* stated that physical exercise, in general, improves cognitive function and researchers specifically recommended Tai Chi for elderly people since it's a gentler and more accessible form of physical exercise that also combines mental exercises via repeated "choreography."¹
- **Increases flexibility and agility:** Similar to yoga, Tai Chi often involves extensions of the body that can generally improve upon your flexibility and agility. This comes in handy in your day-to-day life but can also make you more agile and capable in other sports.
- **Improves balance and coordination skills:** In addition to improving flexibility and agility, the intricate "yin and yang" of Tai Chi movements can help you with balance and coordination. Again, this skill is useful in your daily life (those fine motor skills can even help prevent trips, stumbles, and falls) and in other sports.
- **Enhances strength and stamina:** As with any form of physical exercise, Tai Chi can build upon your existing strength and stamina. With ongoing practice, you might find you're leaner, that your muscles are more defined, and that you're able to exercise for longer periods of time.

THANK YOU FOR YOUR ATTENTION TODAY AND FOR BEING BOLD

