

TAI CHI SUMMER SCHOOL ONE DAY WORKSHOP

MORNING SESSION

Workshop 1: 10.30AM – 12PM

Introduction Talk, Demonstration, and guided relaxation

(Experience Tai Chi without leaving your chair!)

This will include information on:

- The history of Tai Chi
- Underlying concepts
- Modern culture of Tai Chi
- What it can be used for
- The link between Tai Chi and Chinese Traditional Medicine.

Demonstration will include:

- The Tai Chi Fan form (A colourful performance, and treat for the senses)
- Then see the contrast of a traditional open hand form
- Short audience participation guided relaxation

AFTERNOON SESSION

Workshop 2: 1.00PM – 1.30PM

Tai Chi Warm Up and stretching

- Simple exercises for health
- Short memorable sequences
- Increase vitality and flexibility

Workshop 3: 1.45PM – 2.15PM

Fan Workshop

- Learn how to manipulate the Tai Chi fan (fans supplied)
- Learn a short sequence

Workshop 4: 2.30PM – 3.00PM

Guided relaxation and Self massage

- Learn how to energise / calm yourself at will
- Mostly suitable for seated practice

A wonderful way to end your day