

Westmuir Tai Chi

Tai Chi is a series of **gentle movements** that enhance **health, balance, co-ordination** and an **improved sense of well-being**.

A **set**, consisting of **108 movements**, requires a certain amount of **dedication** and **perseverance** to become familiar with the form; **practice** continues to elevate each individual's Tai Chi to an **art form**.

In the class none of us are athletes of any description. Nevertheless, we are **all engaged in the pursuit of excellence** in the full knowledge that perfection is at once unobtainable.



Westmuir Hall
Mondays from 7.00 – 9.00 pm

I find that Tai Chi helps flexibility and balance. I enjoy doing the set as part of a group, there being something very pleasant about all moving in unison, (most of the time!) It is quite energising as well as calming, an unusual combination in this mad world.

Pam

The major benefits that I have experienced from practising Tai Chi are improvements in my balance, strength and stamina, perhaps due to the way Tai Chi is practised slowly. Other benefits include a clearer and more relaxed mind, which result in a better nights sleep, and a general awareness that I am a lot more relaxed and able to deal with difficult situations as they arise. I have also noticed that I am a bit more supple due to the range of different movements, many of which are not encountered or required in our very sedentary Twenty-first Century lives. I also find it very pleasurable to practise Tai Chi as a group as there is shared energy or experience from everybody doing the same thing at the same time for the benefit of each other.

Andrew



Call Robin M'Lachlan 01575 540472 for details or just come along.