

## TAI CHI GROUP

The Sevenoaks U3A Tai Chi group was formed in January 2013 as a direct result of interest shown by members in improving physical health after the London Olympics. We meet weekly at the St. Edith Church Hall, Kemsing and practise the *24 tai chi form*.



*Tai Chi* is commonly practised for its health benefits. Chinese people believe that the vital energy in all life (*chi* or *qi*) flows through each of us and that the amount of *qi* we each have determines our health. This ties in with the theory of acupuncture in which the body's energy moves through *channels/meridians* which is affected by the wellbeing of all our vital organs.

If a person suffers from stress, which blocks the flow of *qi*, this may lead to becoming tired and more susceptible to physical problems (bowel disorders, headaches, poor circulation or high blood pressure).

There are different schools/forms of *tai chi* but the most popular is the *24 form*, specifically combining the best of the various schools and easier for non Chinese practitioners to learn.

The benefits of practising *tai chi* are: improve concentration, energy level & posture; learn to relax the body and mind; enhance mobility and balance.

On the 1st July the group demonstrated the *24 tai chi form* at the Seal Allotment Open Day .

***Magdalen Kit Fong Fry.***

Tai Chi teacher

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