

Reflections from class participants

What benefits have you gained?

- Much more relaxed; sleep better: more motivated and active. Definitely more focused and balance has improved.
- The gain and the challenge are the same – tuning out the world & the mind talk
- Improved balance, better mind and body control. Great camaraderie.
- I come to focus my mind – I used to watch the clock, now I can switch off for a while
- Relaxation and gentle exercise. Always feel great after even if it has been an effort to get there
- Better balance, better sleep. I'm still working on the posture!
- I have surprised myself not only learning the form but continuing to refine it. Good for confidence
- My balance and relaxation. Inner strength and yet a feeling of calmness
- An oasis of inner peace in a hectic life
- A quietened mental state: a form of meditation. Teaches me to be more aware of my physical body – giving it more attention – not straining my joints, maintaining full movement and if the body can maintain its present state – wonderful!
- Motivation, relaxation, visualization, friendship
- Improvement in balance, posture and fitness
- Increased flexibility of my spine. Joints having a good range of movement, warding off arthritis! Keep the body moving.
- De - stressing when under pressure, learning how to relax
- Still learning the breathing part of the exercise, takes time and effort – well worth it
- Feeling of relaxation through the body makes me feel great for the rest of the day
- Being able to apply some of the things learnt like posture and a sort of relaxed strength to everyday situations
- Wu Chi – tuning in to your body. Bringing attention to you.
- Calming the mind – awareness of how the body is feeling. Fun and laughter
- Time out from a busy life
- Learning to relax

What advice would you give someone starting T'ai Chi?

- Don't wait. Do it!
- Persevere - definitely worth it!
- Attend regularly and realize that the benefit takes time and a bit of effort
- Go for it! Improves your balance and posture making you more sure footed
- Persevere, have patience and practice
- Treat T'ai Chi as a journey, there is always something new and interesting around the corner
- Take it into everyday activities – see how much it helps I
- Jen is a very good teacher. I love her knowledge, enthusiasm & energy.
- It will help with your health, flexibility and wellbeing – join the class
- Definitely take it up, should practice, I'm afraid I don't
- Just do it!