

# T'ai Chi for Relaxation Staff and Students



T'ai Chi is a gentle exercise that benefits health,  
it originated in ancient China.

Slow, gentle movements help us to focus - to be calm, flexible and strong.

We begin by using:

- ◆ Warm up exercises – To focus on breathing and bringing attention to your own body.
- ◆ Relaxation – To slow everything down and create the space to relax.
- ◆ Simple T'ai Chi form - Building balance, strength, flexibility and improving circulation.

In T'ai Chi we give ourselves some space to relax. Students learn better when they are calm. In our busy world it is becoming more important to be aware of what we can do to reduce tension. It also builds skills of self control and blocking out others as we focus on ourselves.

## **Comments from staff/ students this year:**

Has helped students relax and focus on their own bodies and movement

Promoting a calm approach and giving us skills to relax

Another resource/skill for students to use when needed

Focus on breathing as a tool before beginning lessons – settle and focus students for learning

When I get angry it can help me calm down

I could focus on me and no-one else

I realize T'ai Chi exercises won't appeal to everyone, the plan is to provide an opportunity for people to explore this as a relaxation tool. Most people enjoy the chance to 'switch off' and really enjoy the peacefulness. When we are relaxed we learn in a better way.

## **What I can provide:**

### **Staff T&D**

A workshop (1 ½ hours) to become familiar with the form, so that it could be used personally or to teach a class.

Includes 1 DVD of the T'ai Chi, warm up and relaxation and written instructions for everyone.

Staff may want a follow up workshop a few weeks later to refresh and check how they are going.

### **Student sessions**

Generally 30 minute sessions per class for a block of 4 weeks – 6 weeks.

Can also be extended to 45 minute session with activities from All About Choice (building self awareness, self control and a range of ways to respond in situations).

Can also be used to teach a group that will mentor / teach other classes.

It can be a one off session to get started, if staff have done the workshop.

There are many possibilities – you know what suits your site.

### **Bonuses**

- ◆ An investment in developing how to get back to calm, to relax the body
- ◆ Relaxing way to build strength, flexibility and balance.
- ◆ Don't need any equipment, just enough space to stand or sit
- ◆ Students and staff share skill learning and practice together
- ◆ Also improves posture, breathing and relaxation.

Relaxation allows us to work effectively in a range of situations.

Contact Jen for more details. [jbinney@chariot.net.au](mailto:jbinney@chariot.net.au) Ph. 08 8536 4163 or 0412 595 102