



## What motivates you to come along?

When you achieve the stillness and peace and total focus it is so beautiful and I am eager to get to that point more often.

During the week my mind is always 'working' so the motivation to attend Tai Chi is so my body has an hour to itself. If I do not attend I know this will not happen.

Time for myself to let everything else go, shut out the world for a while and focus on relaxing the muscles in my body and remembering and perfecting each movement.

Also to help relieve tension and stress.

The company, sense of well-being and progress I've made since my stroke.

Always a positive experience – feel welcome. A nice period of calm in my life.

A chance to improve posture, muscle tone and breathing.

Thoroughly enjoy it – just want to learn more and more.

No longer able to work out at the gym, I find Tai Chi a great help (FYI this student is 90 years old!)

The movements are slow and gentle.

Well being.

Healthier Living.

Listening to our bodies , relaxing with like minded people – A whole hour just for ourselves!!

Knowing that I will feel much better after the session.

The opportunity to practice in a group and learn more.

The benefits for 'me'.

## What do you enjoy about Tai Chi?

It's so relaxing and I know I still have a long way to go in releasing tension but I am so looking forward to getting better at letting go!

Gentle exercise with a great group of people.

The feeling of relaxation during and after the session.

Discussion and useful advice towards our well-being.

The people – feeling comfortable to speak, the laughs and being able to be who we are without judgement.

The opportunity to enjoy an hour of relaxation once a week where I can concentrate on different aspects of movement and posture and further my knowledge of the form.

Every aspect – movement –breathing –mind control.

Very relaxing.

Inspiration.

The relaxation and general well being it creates.

Sharing an exercise with others.

Smile from Jen. Calm, quiet can just focus on myself..

It gets me back in touch with myself.

Nice people, the exercises.

A time to relax and maintain my flexibility.

Health benefits from regular practice.

The relaxation, the instruction and tuition. Social gathering.

Are there any benefits to your health that you think Tai Chi contributes to?

Yes: overall body wellness- but especially balance, body awareness, arthritis and good posture.

De-stressing.

When I do Tai Chi regularly generally aches and pains are less.

I have learned to relax and sleep like a baby.

Benefits of understanding my mind and how to deal with the constant “chatter”.

Flexibility in my muscles and improvement of posture.

Being able to slow down.

Standing tall; improved balance; trying to stay relaxed.

More aware of my body, helps me on a daily basis to tune in to me.

An overall sense of calm and balance. Letting go of tension in my shoulders and generally.

Balance and movement.

Absolutely- The relaxation and movements eases aches and pains associated with aging, arthritis and strains.

Focussing on your body and movement relaxes the mind and clears your head. Helps with balance.

Breathing - Balance- Flexibility - Fitness - Relaxation.

Yes, helps my balance and maintains my flexibility.

## Anything that you use in everyday life from what we learn in Tai Chi?

Generally the awareness of sustaining a relaxness, bodily movement and letting go of tension.

Probably the way I stand and move around have been conditioned by Tai Chi.

Posture – practise “bubbling well” daily.

Being able to be quieter in my mind during stressful situations.

I find myself checking my ‘uprightness’ whether sitting in the car or walking

I am conscientious of posture and the bubbling well, especially when I am standing and waiting in a queue.

Peace, motivation and energy.

To relax more.

Yes, especially in my neck. In fact my whole body benefits without one realizing it.

To balance on my bubbling well. To breathe and relax deeply.

Visualise exercises to lower blood pressure in doctor’s surgery / dental procedures / and use visualisation when on a plane as I used to have to help the pilot in my head land the plane – now I don’t!

I use the weekly reminders to stand and walk correctly during the rest of the week.

Walking better.

Breathing techniques for relaxation and focus.

It all helps to manage back and neck problems etc.

Weight transfer.

Do you usually feel better or worse after sessions? Comment.

Definitely feel a lot more relaxed and have ease of muscle movement and joint mobility.

I always feel better, energised. Sleep well after the session.

Makes me a bit vague (but often already vague before I get there) 😊

Relaxed in mind and body.

Better.

I always feel much more relaxed after Tai Chi and happy that I have been.

I always feel quite relaxed after Tai Chi. If I was a cat I'd purr!

Usually feel better.

Better.

Better – improving my posture and ways to relax daily.

Feel on top of the world.

Better. Physically and mentally relaxed.

Absolutely. I feel refreshed, relaxed and energised !

Very relaxed and focussed after each session.

Do you find any of these everyday tasks easier when you do Tai Chi regularly – add any others you can think of:

- Getting out of a chair to stand
- Walking
- Different ways of letting go of tension
- Awareness of mind and body during daily living, so tasks such as doing dishes can practise moves.
- Practicing moves while waiting for bus.
- The “bubbling well”, “wai-lu” and crown of the head alignment knowledge helps generally as tension is not held so tightly. Knee injuries subside as they are not locked.
- Breathing
- Mind control
- Far better balance
- General awareness
- Bowling
- Golf
- In meal preparation
- General well- being, like getting my priorities right

Comments or changes you would like to see happen in Tai Chi sessions

I enjoy it just as it is - Thank Jen.

Keep on keeping on.

It's all good.

My biggest problem is my monkey brain 😊

Keep it happening Jen. It's a great benefit to me and many others. Thanks for all your effort.

All good – no complaints!

It is simply the best. It helps with so much of everyday living, it's like an inner peace. It gives one strength to cope with all that is thrown up too in life.

Great job Jen, beaut as it is, keep that energy going. Think you are more 'sparky' being by the ocean!

The changes you make from time to time to improve it are sufficient.

Happy with the format don't see any need for change.

Yes I am very interested in continuing Tai Chi in 2014.

Yes subject to suitable timing etc

Yes would love to continue next year. Thank you Jen I do enjoy your style.