Welcome
T'ai Chi Classes with Jen Binney

Considerations:
Classes are open to anyone who is medically fit, independently mobile and can participate without assistance. If you are unsure about you being ‘medically fit’ you should consult with your health practitioner.
All parts can be done seated or standing.
This program is similar to walking in terms of physical exertion.
Balance, breathing, letting go of tension in the body are some of the benefits. It keeps getting better!
The hardest thing is not to try too hard. Remember try soft!
Work with in your comfort zone and be considerate of others in the class.

Classes are for 1 hour.
You can rest, sit for exercises or have a drink whenever needed.
Starting any new program means building gradually, allowing your body to adjust to different movement. When we try anything new it takes a while to get the hang of it.

Learning the art of T’ai Chi is a gradual process - little bit by little bit you may notice the changes.
Gentle practice and bringing T’ai Chi into something you already do each day makes a big difference.
Letting go of tension - trying soft not hard is really important - relax and see what happens!

Participants are required to do a gentle warm up at start and cool down at the end.
Jen is an accredited instructor

What we do

Wu Chi - Stand or sit - good alignment, so you are comfortable. Bring your awareness as Jen talks through the body from the head to the feet, relax muscles as you go. Notice your breathing.

Tai Chi Fundamentals - Simple movements to develop posture, alignment, balance and structure.
As we gradually build these skills the body responds, starts to relax and balance, posture and mobility improve.

Chi Kung - Breathing exercise. Let the breath and the mind direct the movements. Soft, gentle movements.
Tune in to your breathing, allow the body to relax. A set of Shibashi Chi Kung exercises.

T’ai Chi - 4 pillars of Health.
This program is all about relaxation, balance, posture and breathing.
Simple exercises to take into everyday living.
It is based on Tai Chi fundamentals and the focus is on relaxing the body.

Lotus Relaxation Exercises.
Weight even on both feet, gentle, relaxed breathing. The body loose and relaxed. Natural breathing.

Only do what feels righty for you. Ask questions and have fun, as you relax and improve balance.
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