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www.taichitigers.co.uk

Tai Chi Tigers

Tai Chi & Qigong for Health and Happiness

Tai Chi Tigers

“Calm Minds - Strong Bodies”



Group Classes

Tai Chi Tigers are taught in the traditional way to help you understand and appreciate the basic principles - to appreciate and benefit from Tai Chi & Qigong exercises to help improve health and wellbeing.

Tai Chi is an internal martial art (gentle, relaxing and powerful working to develop your qi/energy. It is far more than just a set of moves to copy!

Please note: there is no nationally recognized body that trains and/or certifies teachers. Dedicated practice is the only requisite for amazing health benefits that you will want to experience personally and then possibly share with others. The best way to learn is from an instructor / teacher who you feel comfortable with & who encourages you, who teaches with patience and is understanding of individuals' needs. Watch the instructor as they teach others and listen to the way they pass on their knowledge – please ask them about their training and experience of Tai Chi and Qigong.

Classes in Yorkshire:

Mondays:

Columba's, Pellon: 14.00 – 15.00 Tai Chi Yang Form (Intermediate)

Skircoat Green: 16.00 – 17.45 Tai Chi Stick + Adv. Practice (class full)

Wednesdays:

Highgate, Pellon: 09.00 – 10.00 Tai Chi & Qigong (class full)

Columba's, Pellon: 11.00 – 12.00 Tai Chi Yang Form (Intermediate)

Fridays:

Columba's, Pellon: 09.30 – 10.30 Qigong Beginners

Columba's, Pellon: 11.00 – 12.00 Qigong

Venues:

Highgate, Pellon: Highgate Church hall. HX2 0EN

Columba's Pellon: St Columba's Church hall. HX2 0QF

Skircoat Green, Halifax: All Saints Community hall, HX3 0LY



One to One Tuition

Improve your health and wellbeing physically, mentally and spiritually.

- improve your balance and coordination
- help to clear energy channels in the body
- promote good health and longevity
- maintain and improve muscle strength
- keep joints mobile and flexible
- improve the integration of body and mind
- help you to feel happier and more content
- reduce stress and anxiety
- improve your posture and give you more confidence
- improve the quality of your sleep

After an initial chat with a Tai Chi Tiger instructor, discuss your present state of health & fitness, current stressors, how many sessions you would like, how much time you have for practice by yourself, then create a personalized programme of exercises that can easily fit into your life.

You will be taught in the traditional way of Tai Chi and Qigong. Dedicated practice will result in amazing benefits for you, and provide feedback each session for us to discuss and review.



We can also look at your present lifestyle - it may help us to approach your sessions in a more beneficial and holistic style.

Your personal teacher will come to you. You do not need any special equipment, no floor work and clothes should be loose and comfortable.

Testimonials:

"I have had the best nights sleep I've had in years after my Tai Chi session". Mary

"You're a first rate teacher Marsha and I wish you every success with this and your other classes". Luke

Tai Chi & Qigong for Schools

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Imagine your classroom, with your pupils who can focus their minds, who are calm and relaxed but have energy to devote to their work, who have confidence in themselves, who can use their imagination and creativity in a different way – *all this is possible*. The Chinese have, for centuries, been using focussed breathing techniques and simple exercises to gain total physical, emotional and spiritual health and wellbeing. Recent studies have shown amazing results with Tai Chi and pupils with ADHD (Touch Research Institute).



All inclusive – parents and pupils experience Tai Chi & Qigong in a local school with Tai Chi Tigers.

Testimonials:

“Tom has loved the Tai Chi lessons. We have had fun too – trying to copy the movements he teaches us at home. Thank you for introducing Tai Chi into our school. I only hope that it can continue and become fully integrated into the curriculum.

What an innovative way to support all aspects of the children's learning – academic, social and emotional – as well as physical!

Thank you again”. Tom's Mum

“ I have never had such good results in the SAT's as for this year. For the first time before the exams, the children have been doing regular Tai Chi with Marsha – I don't think it is just a coincidence that it has had such a positive effect on the children and their work”. Hilary N (year 2 teacher)

**To learn more about 'The Bridge Programme', please call Marsha 07810094935.
Corporate Tai Chi & Qigong**

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Tai chi & Qigong classes are fast becoming one of the most popular components of corporate wellness programs around the world.

Tai Chi is an easy and inexpensive way to improve employee health and productivity. It is both relaxing and re-energising for employees, without the pain or strain that can accompany other physically-demanding exercise sessions. It improves both mental and physical health in one gentle activity. Qigong is a similar form of movement & exercise to Tai Chi, with both forms providing comparable movements and benefits.

Tai Chi / Qigong can easily delivered on site and is the perfect choice for either:

- An ongoing workplace wellness program
- Staff training or team building days (great as an ice breaker)
- Corporate conferences or wellness events

How Will Your Organisation Benefit from Tai Chi?

Introducing a workplace Tai Chi program for employees can improve your company's performance in several ways:

- **Reduced Absenteeism and Increased Staff Retention**

Tai Chi's proven mental health benefits (such as reduced stress) and physical health benefits (such as an improved immune system) addresses two important causes of absenteeism and staff turnover.

- **Increased Productivity**

Reducing stress, building resiliency, and clearing the mind allows staff to focus for longer periods and thus boosts concentration. Improving physical health reduces distraction from aches and pains to reduce "presenteeism". Staff feel revived and energised, increasing their efficiency.

- **Increased Creativity**

The meditative aspect of Tai Chi teaches people to let go of attachment to thoughts and prejudices and thus opens the mind to "think outside the box" and be more creative.



Benefits of Tai Chi over Other Forms of Exercise

Our Workplace Tai Chi Program Explained - All of our Tai Chi instructors are fully qualified professionals with years of experience.



When deciding what type of exercise component to include in your corporate wellness program, we believe that including Tai Chi and Qigong classes is an ideal choice for the following reasons:

- Tai Chi requires no special equipment and is therefore inexpensive and easy to implement.
- Tai Chi & Qigong poses no risk of injury.
- Employees don't need any preparation time to change into special clothing or time for showering afterwards.
- Tai Chi & Qigong reduces stress and improves their mental ability as well as physical health.
- Tai Chi isn't competitive so staff of all ages and levels of ability benefit and enjoy the session.
- Tai Chi can be done anywhere, indoors or outside.

Health Benefits of Tai Chi for Your Staff

An increasing amount of research by the medical community demonstrates that Tai Chi provides a range of health benefits:

- Tai Chi provides a cardiovascular workout without any harmful side effects
- Tai Chi & Qigong can improve existing medical conditions such as diabetes, arthritis, allergies, asthma
- Improves posture (and reduces back ache)
- Improves balance (and reduces falls)

From a mental health perspective Tai Chi:

- Reduces stress and builds resiliency
- Increases mindfulness and mental agility
- Improves focus, concentration and alertness
- Encourages team spirit through group practice
- Helps interpersonal skills (less stressed staff will be more pleasant to customers and other employees)

Please call Marsha for more details 078100 94 395