**Part 1**

**Aims**

The aims of this day are to gain an understanding of:

* The basic principles of Tai Chi
* The benefits of and evidence for the use of Tai Chi for health and rehabilitation
* How to adapt and integrate Tai Chi Exercises into clinical practice

**Programme**

**9:00 - 9:20** **Registration**

9:20 - 9:40 Welcome, Housekeeping and Introduction

09:40 - 10:00 Movement Principles and Benefits of Tai Chi

10:00 - 10:40 Practical session 1: Posture and Alignment

Waterfall / Spring and Autumn

Weight Transfer in Horse Stance

Bear Roots on One Leg

10:40 - 11:00 Coffee

11:00 - 12:00 Practical session 2: Seated Exercises

12:00 -12:30 Group Warm Up and Shibashi Exercises

12:30 - 1:15 Lunch

1:15 – 1:45 Practical session 3: Chinese Massage Techniques

Opening the lower back

1:45 – 2:00 Demonstration Yang Style Tai Chi 37-move short form

2:00 – 3:00 Practical session 4: Supporting a Ball in Front of the Shoulders

Stepping and Bouncing a Ball

Tai Chi Walking / Balancing the Chi to Close

Standing Zen / Sensing Chi / Chi Ball

3:00 – 4.00 Coffee & Group Case Discussion

4:00 - 4:30 Summary & Close