

An introduction to Tai Chi

What is Tai Chi?

Tai Chi combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th-century China, Tai Chi is now practised around the world as a health-promoting exercise.

What are the health benefits of Tai Chi?

While there's scope for more rigorous research on tai chi's health benefits, studies have shown that it can help people aged 65 and over to reduce stress, improve posture, balance and general mobility, and increase muscle strength in the legs.

Read more by following this link to the NHS website:

<https://www.nhs.uk/live-well/exercise/guide-to-tai-chi/>

Jim Butterfield who leads the Tai Chi group in Ilkley U3A has suggested these videos might help in any exercise regime:

Sunrise Tai Chi with David-Dorian Ross

Select this link to a video that will introduce you to Tai Chi

<https://youtu.be/1DeihMgXLDk>

Daily Qi Gong for Beginners 4 minute exercise

<https://youtu.be/EaEZVfhn07o>

Easy Qi Gong and Tai Chi for seniors and elderly exercise

<https://youtu.be/tLct1y6Qdok>

Tai Chi for Beginners video with Dr Paul Lam

<https://youtu.be/hIOHGrYCEJ4>