



GROWING WELL GARDEN

Tai Chi at The Growing Well Garden Project, Bow Medical Practice

The Growing Well Garden Project and Kate Dixon of Forest Chi are holding a 12-week course of one hour long Tai Chi classes. The first class will be on Tuesday 18th April at 2.30pm.

The classes are aimed for people over the age of 55 who are not already active. Although younger people are not excluded. These classes are fully funded by Active Devon as part of their Connecting Actively to Nature project, so we hope to involve people who are on a low budget. The classes will take place outdoors in the garden. There is an indoor space we can use if it rains.

Tai Chi can be done seated or standing and chairs will be provided for people who might need to be seated for some or all of the class. We aim to provide a relaxed and sociable space. Classes will be aimed at beginners and will include exercises and ways of focusing the mind which help you relax and help to cope with stress in daily life. There will also be the chance to learn a Tai Chi form.

Booking and contact

Spaces are limited so booking is essential. People are encouraged to commit to the full 12-week course which will finish in mid-July. To book a place or if you have questions contact Kate Dixon email: kate@forestchi.co.uk Or text 07816 628369.

You don't have to get sweaty!

Tai Chi has been proven to have the same health benefits, such as increasing blood flow to the heart, as more strenuous forms of exercise so it provides an alternative for those who are not able, or do not enjoy jumping around and getting out of breath. The added ingredient of practicing in nature has been shown to offer huge benefits to wellbeing.

A bit about Tai Chi

Tai Chi is a form of exercise that has been practiced in Asia for hundreds if not thousands of years. It has now spread throughout the world and is recognised as offering an exceptionally successful way of maintaining health and vitality

The exercises are all about freeing the body, relaxing the muscles and loosening the joints. The aim is for soft and effortless movement. This helps to release unwanted tension in the body and ease mental stress so that you become more relaxed and energised.

The slow movements of the form increase blood flow and improve oxygen supply to the deep muscles of the body. The exercise improves muscle tone, particularly in the legs and the core muscles and gives you excellent command of your balance. Practicing the exercises and the form will help you to feel more co-ordinated in your body. This sense of connection improves body alignment to put you in touch with feeling naturally strong and flexible.

Giving full attention to the movements helps to focus on the present moment and let go of worries or concerns. Practicing the form together in a group can create an atmosphere of peace and stillness.

Learning to be soft, flowing and effortless in your movements can reduce the risk of injury and encourage the healing of existing injuries.

The way that being out in nature lifts the spirits combined with the health benefits of Tai Chi and the mindful attentiveness to our movements and surroundings can be a powerful catalyst for a healthier and happier life. Tai Chi has been proven to improve balance and reduce falls in the over 50's

What People Say

"I heard the eminent physician, Michael Mosley, talking about wellbeing. He puts Tai Chi at the top of the list for promoting good health. This has been true for me because in the short time I've been doing Tai Chi my core strength has greatly improved. Having been a complete beginner, in my first three months my walking has improved and my balance. The difference in me is enormous." Maggie

"I suffer from high blood pressure, and I've found that after a Tai Chi class, even after getting there and back and trying not to be late, that my blood pressure is the lowest it ever gets. I even practice the Tai Chi breathing and relaxing when I'm at the doctors and it helps me feel calm and less worried about my blood pressure going up." Wally