

# Tai Chi

## Tai Chi

**Day/Time:** Thursday 7:30-9:00pm  
**Duration:** 10 weeks  
**Tutor:** Step Brown  
**Fee:** €90

### Course Description

During this 10 week course you will receive a basic introduction to Yang-style Tai Chi.

Practicing Tai Chi has been shown to improve physical and mental well being and has been associated with prolonged life, increased personal safety, heightened creativity and maintenance of a happy attitude.

Yang is the most popular and most widely practiced Tai Chi style throughout the world. It uses fluid, slow movements which help practitioners relax and feel the flow of energy within their bodies. The movements are large enough to foster a sense of freedom and exuberance. Beautiful to watch and relaxing to do, the Yang style is also lyrical in its moves, which include "Fair Lady Works the Shuttles", "Needle at Sea Bottom", and "Grasping the Sparrows Tail".

If you have any questions or would like to find out more, Step can be contacted on 086-2458520.

### Enrolment Details

Courses will only be run if there are sufficient enrolment numbers. Course enrolment for a particular course may only be secured by full payment of course fee. Fees are strictly non-refundable unless the school decides not to run a course, in which case all fees will be refunded by post or directly to your credit card.

You can enrol online at [www.adultedtiernans.ie](http://www.adultedtiernans.ie), over the phone (087-2235741 / 01-2953224), in person at one of our enrolment evenings (11th and 12th September) or by post.

Cheques should be made payable to St. Tiernan's Community School and should have your bank card number on the back.

The school and its management accept no responsibility for loss or damage to the property of students. This includes motor cars, motor cycles and bicycles on the school grounds.

