



## Event Details

Event:	HWB161719 - Tai Chi
Subject:	
Event Overview:	<p>Tai Chi Chuan is the world's premier mind-body exercise system. Originally developed in China, it is now practiced the world over by millions of people.</p> <p>In this introductory course, Alan Peatfield will introduce the basic practices of Tai Chi through which one can experience the benefits of Tai Chi immediately.</p> <p>The main practice method of Tai Chi is a sequence of movements known as the Form. This is done in a slow, smooth, and relaxed way, which encourages mindfulness in action. It has its origins in Chinese martial arts, but it draws inspiration from Daoist philosophy by embodying the principles of effortless natural action, as a way of engaging internal and external harmony.</p> <p>No previous knowledge is needed, and anyone can participate at any level of fitness. Tai Chi can even be done sitting in a chair.</p>
Event Objectives:	<p>The relaxed smooth movements of Tai Chi provide stress release, activate deep breathing, strengthen the core muscles, improve balance and co-ordination, and calm the mind. All this is done without the risk of injury and strain found in conventional exercise methods.</p>
Event Content:	
Notes:	
UCD Instructor:	Alan Peatfield
Instructor (External):	
Building:	Ardmore House
Room:	Boardroom 2
When:	13.00 on 11-Apr-17 for 1 hours