

Gentle, Mindful Tai Chi

Course Code	Venue & Contact Details	
JJ499BGA	Venue	Kingsley Academy /
	Address	Cecil Road, Hounslow TW3 1AX
	Phone	020 8583 6000
	Email	courses@hounslow.gov.uk
	Website	www.hace.ac.uk

Day	Times	Start date	End date	No of Weeks	Fee
Thursday	3.30pm- 5pm	07/10/2021	16/12/2021	10	£34/*Free

**If you are unemployed, looking for work, and are in receipt of a means tested benefit, you do not have to pay the course fees. You will need to sign a self-declaration form stating that you are looking for a job and provide supporting evidence.*

**If you are in low paid employment and you earn less than £10.85p/h or £21,157.59 annual gross salary, you do not have to pay the course fees. You will need to provide proof of income, for example, this could be a wage slip within 3 months of the course start date, or a current employment contract, which states gross monthly/annual wages.*

About the course

This course is part of our wellbeing programme designed to enable learners to try a new art, craft or exercise in order to explore the benefits they have our wellness. Once you have completed this course you might decide to start practicing Tai Chi at a local fitness centre or learn on our Tai Chi specialist programmes to gain more confidence so to start practising more independently.

On this course you will learn warm up and cool down exercises as well as a short Tai Chi form. These gentle meditative movements are a great way to safely exercise your body and relax your mind. Many people find Tai Chi a great way to improve their fitness, health and quality of life.

What will I learn?

After this course you will be able to:

- Start to demonstrate relaxed, slow, smooth and steady movements.
- Begin to work safely within your physical limits (70 % rule).
- Perform warm up and cool down movements.

What are the entry requirements?

- This course is for beginners and those who have never tried Tai Chi before

What do I need to bring with me?

- Please, wear loose comfortable clothes and flat good fitting shoes (bare feet also sometimes an option depending on temperature and floor)

How will my learning be assessed?

This is a non-accredited course with the intent to benefit lifelong learning. Your tutor will give you regular verbal and written feedback to support your progression. You will submit your course work and track your learning in Google Classroom. You will participate in group discussions and receive guidance.

To successfully complete the course your attendance should be a minimum of 85% and course work should be completed by the end of the course. **Please note that the first session is an induction to the course and the centre, so it is therefore essential that you attend.** If you for any reason are unable to attend, please let us know and ensure that you read through the induction slides located in your Google Classroom and complete any related tasks.

What can I do after completing this course?

The most obvious progression pathways after this course are:

- continue practicing Tai Chi at a local fitness centre/ club
- continue learning on our Tai Chi specialist programmes to gain more confidence so to be able to practise more independently
- other courses in our wellbeing programmes to explore other possibilities for your wellness

However, your tutor will give you a more specific advice on what you could do next at the end of the course based on your personal circumstances.

- You can call us to find out about upcoming courses on 020 8583 6000

Information, advice and guidance for employment

- Call 020 8583 6174 to speak to an advisor
 - Email work@hounslow.gov.uk
 - Visit <http://www.hace.ac.uk/employment-support>
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