



London Borough of Hounslow

Hounslow Adult & Community Education Course Information Sheet

Course Title	Course Code	Day/s	Time	Start Date	End Date
Tai Chi for Wellbeing	MZ108YFA	Mon, Fri	4.30-6pm	28/09/20	11/12/2020

Gentle meditative Tai Chi classes for a healthy body and calm mind. Benefits include improved balance and core strength. Suitable for adults of all ages and abilities.

You will track your progress by accessing your online learning plan (ILP), at the start and at the end of the course. You will respond to questions and feedback in the Google Classroom.

By the end of the course you will be able to:

- Demonstrate slow, smooth and steady movements (returning students will achieve this with increasing ease - by gently observing their body and mind)
- Work increasingly more safely within their physical limits (70 % rule).
- Perform warm up and cool down movements. (returning students will increasingly fine tune, and relax into these)

What is required to attend the course?

- No previous Tai Chi skills required (however those with experience can also benefit)

Technical Requirements for our Online Courses:

- Access to internet with camera and microphone.
- You must know how to independently access Google Suite Apps - access to a Chrome Browser or Download Phone Apps to access Google Meet, Google Classroom and Google Docs.
Link to download Chrome: <https://www.google.com/chrome/>
- A **hace.ac.uk** account – which will be created after enrolment if you do not have one. You will be sent the Log in Details to this NEW Gmail account the next day (initial password: Hounslow1).
- You must check your hace.ac.uk regularly and accept the invite to Join the Google Classroom a day before your class starts.

This course might be free/discounted for you please check your eligibility here:

- <https://www.hace.ac.uk/courses>

After this course you will be able to:

- Enrol onto another Adult Learning course.

Who can I contact for further information?

- For employment support, please visit <http://www.hace.ac.uk/employment-support>
- For more information please call 0208 583 6000