

# Tai Chi

**Department:** Independent Living Skills

**Priority:** elective

**Overall purpose of class:**

This class provides students with the opportunity to participate in a gentle joint friendly exercise system that:

- Promotes joint flexibility
- Improves balance
- Improves ability to weight shift
- Improves ability to use breath for relaxation
- Increases focus and attention

**Number of classes held per week:**

Twice a week

**Optimum class time:**

Doesn't matter

**Instructor requirements:**

1 instructor with Tai Chi skills

**Number of students:**

**16-20**

**Student ability range and limitations:**

Use of both arms is optimal, but postures have been adapted so they can be done one sided.

**Space and Equipment requirements:**

Room needs to be large enough for all students to sit and have room to move arms freely.

**Student Needs to be met from the perspective of the instructor:**

Students who need improved joint flexibility, balance and ways of relaxing.

**Typical Student Goals that lead to placement in the class:**

Students whose goals include learning a new leisure skill, discovering ways to relax and exploring methods of gentle exercise take this class.

A good resource for teaching ideas is Dr. Paul Lam's Tai Chi and Health,  
<http://www.taichiproductions.com>.