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VILLAGEGAMES

Derbyshire



Ideas for your village,
Inspired by real life....



LOTTERY FUNDED



VILLAGEGAMES

Derbyshire

South Derbyshire Village Games gives tips on..... Establishing a T'ai Chi session, with a paid leader

Aim: A fun, informal class to increase movement, flexibility and strength.

How has it been set up?

- Community Association book village hall.
- Contract with a local T'ai Chi instructor to provide a coach for the hour (£20).
- Session is advertised to local 50+ group and others from the village.
- Cost £2 (so need 13 participants to break even).
- Just turn up!! (numbers will fluctuate due to the age of most attending (**age range 38 – 98**))
- Participants have fun, get fit and learn the skills of T'ai Chi.

Some feedback we've had....

"It's been good fun and I have experienced less back pain even though I've only been coming 4 weeks"

"Can't believe how much I have enjoyed the sessions"

"Chris (the instructor) is really good he shows me how to adapt the moves to enable me to take part"

For more information, email toni@villagegames.org.uk

