

Adapted Tai Chi



Phyllis
Tuckwell
Hospice Care
...because every
day is precious

Enhancing wellbeing
with seated Tai Chi



For you to learn Tai Chi techniques whilst in a seated position, to help reduce stress and improve flexibility. Carers are welcome to attend too.

For more information about Adapted Tai Chi, please contact physio@pth.org.uk or **01252 729422**.

For information about Living Well, call **01252 913040**

Living
Well



Adapted Tai Chi

what are these groups?

This seated exercise group is ideal for those who want to raise their activity levels gently and gradually. Carers are also welcome to attend.

what are the benefits?

Tai Chi combines deep breathing and relaxation with slow, graceful, continuous movements that are gentle on the joints and muscles. It helps to reduce stress, and improve posture, balance and general mobility.

what happens in these sessions?

Tai Chi is a gentle activity that is unlikely to cause injury if done correctly. The exercises involve lots of easy, flowing movements that don't stress the joints or muscles. Meditation/visualisation and mindfulness techniques are also included.

is transport to the venue available?

There is public transport to both sites as well as some on-site parking. You can be dropped off, or there are facilities for family members to stay and enjoy refreshments. Some volunteer driver transport is available, but we have limited capacity, so if this is required please ask and we will try to help.

do I need to wear or bring anything special?

We would advise that you wear loose, comfortable clothing and that you bring any medication you may need during your visit.

when are the groups held?

Groups are currently run weekly, over a period of four weeks, at the Hospice in Farnham and Beacon Centre in Guildford.

do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or alternatively you can visit our website.