

MANCHESTER
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The University of Manchester

www.sport.manchester.ac.uk/fitness/activeman/

FREE TASTER SESSIONS

We will be running the following FREE Taster sessions this week at the Wellbeing Rooms, Simon Building



MONDAY 3 OCTOBER 2016

Tai Chi for Health

Monday 3 October 2016

12.00pm – 12.55pm

Location: Dual Usage room

Tai Chi is a form of gentle exercise based on Tai Chi Chuan, a martial art from China. Originating in ancient China, the underlying principles of Tai Chi facilitate coordination of body, mind and breath to promote health, wellbeing and vitality.

This class is meditative, calming, relaxing and fun, aiming to: relieve stress; improve postural awareness; mindfully, naturally and gently mobilise all joints and connective tissues; promote physical, mental and emotional balance; develop the ability to concentrate; encourage improved coordination; and develop overall health promoting fitness without strain.

Tai Chi is proven to help with many chronic health conditions, and this class is designed to be accessible, safe and effective for most people.

WEDNESDAY 5 OCTOBER 2016

Indian Club Swinging

Wednesday 5 October 2016

12.00pm – 1.00pm

Location: Dual Usage room

Indian Club Swinging is rooted in the martial and yogic traditions of ancient India and Persia. During Victorian and Edwardian times Indian Club Swinging was one of the most popular health and vitality exercises in the West, practiced by adults and children across Europe and North America.

It was even an event in the early 20th Century Olympic Games! In modern Iran related exercises are performed as a spiritual practice, whilst martial artists throughout the world value its unique dynamic method of strength conditioning.

This beginners class introduces a relaxed and gentle approach to the ancient art of Indian Club Swinging, with a focus on relaxation, postural alignment and whole body flowing movement for flexibility, balance, strength and endurance. In flavour it's more like Tai Chi than Weight Training.

FRIDAY 7 OCTOBER 2016

Tai Chi Ball

Friday 7 October 2016

12.00pm – 1.00pm

Location: Dual Usage room

A fascinating and holistic mind/body exercise system which uses wooden balls to gently exercise the whole body. Rooted in the health and longevity movement arts of ancient China, these basic routines are easy to learn and fun to practice. Specifically, the exercises help to mobilise and strengthen all of the joints of the body through gentle whole body movements focused on relaxed circular, rolling and spiralling patterns of expression.

Participants are encouraged to be mindful of postural and biomechanical alignments, and to move in harmony with their breath to promote a sense of relaxed energy and vitality.

As well as being physically effective (building strength, flexibility and endurance), the exercises can help release tension in the nerves, enabling deep relaxation and helping reduce potentially damaging mental and emotional stress.