



**Tuesday September 7<sup>th</sup> 2021**  
**11am – 1pm**





## Open Information/ Coffee Morning at Petersham Hall!

Many of you have been asking for months, when our support group meetings will be back. I'm really pleased to tell you now that we are planning to go back on Tuesday 7<sup>th</sup> September. We are really looking forward to seeing you all, old and new members. Although the government have lifted restrictions. It is everyone's responsibility to keep everyone safe. Below are a few changes and guidelines that will help improve our service and keep everyone safe. Please read carefully....

### Membership updates

Tuesday 7<sup>th</sup> September will be an open information/coffee morning for anyone interested in joining us. There will be a few changes when we return. We will give a short presentation to inform everyone about our new online membership area, where all members old and new will be asked to sign up, and before you panic, we will help you if you are not confident in filling in electronic forms.

### Payment Plan

As part of keeping a covid safe environment will not be offering a drop-in service. We will also be keeping the monthly payment plan. There will be an option of PAYG. However, you will still need to book in advance if places are available.

### Keeping a Covid Safe Environment

- We will be asking anyone attending group meetings to take a Lateral Flow Test prior to attending the meetings. These tests are free and can be ordered from the government website. All adults are being encouraged to take them regularly. **If you test positive you must go and have a Covid Test. YOU MUST NOT ATTEND GROUP MEETINGS OR TAI CHI CLASSES.**
- On arrival, we will ask you to anti-bac on entry and sign in on the NHS App. We also have a thermometer to take your temperature.
- We will ask you to wear face masks (**no face visors** as they have been proven to not provide protection) to enter the hall and while you are moving around. You may take them off while you take part in tai chi or sitting at a table.
- The windows will be kept open for ventilation so you will need to dress appropriately in case it gets cold.
- We will be doing everything we can to make the meetings covid safe. However, if you are anxious about doing any of the above, we suggest you join us by zoom for the time being.



## Falls Prevention Programme Open to anyone aged 18+ in the community

We are really excited to be able to offer a wider range of classes starting in September 2021 until July 2022. These courses will run in term time throughout the year and will be live on zoom if there is demand. Taster sessions can be booked for any of the courses. Please see our Tai Chi pages at [fibroactive.co.uk](http://fibroactive.co.uk) for more information.

### Small Steps to Health Class



Our unique Small Steps to Health class offers a combination of Otago strength and balance exercises and tai chi movement. These mindful movements will help strengthen your core and increase your confidence. These classes are ideal for everyone. They help you progress from seated to standing and they are ideal if you want to progress to tai chi, giving you a good grounding in leg movements.



### Dr Lam Tai Chi for Arthritis Sun style part 1 & 2 including: Principle and Falls Prevention components.

These classes are open to all abilities and are especially beneficial for beginners and people who are unable to exercise conventionally. It's a great introduction to Tai Chi and each person can go at their own pace. We specialise in supporting people with Fibromyalgia, CFS/ME, Arthritis and limited abilities. Sun style is contained with smaller steps, it can also be done seated. We use the step wise progressive teaching method to aid your learning.



### Traditional Yang Style Tai Chi (Class Full)

For those of you who are ready for a bit more of a challenge, our yang class offers 8, 16 and 24 step. The 24 step is the most popular and practiced form in the world. 'The 24 Step Taijiquan routine retains the inner essence and finesse of this great traditional art and yet it is easy for beginners to learn.' A typical class consists of an energetic warm up, qigong routine and consolidating and learning new postures. Yang style is flowing and graceful and will help improve your balance to the next level.



### British Health Qigong

Are you wanting to improve your flexibility and strength? Our British Health Qigong Association routines will be perfect for you. These routines need very little space to practice and are the perfect a compliment to your health and wellness routine. The moves make up routines that are slow and graceful and using controlled breathing techniques, we close the class with a short relaxation to leave you relaxed and energised.

## Our story in a nut shell

Jane and I started out Tai Chi journey 5 years ago. When we started, I spent weeks wishing time away, wondering why I was there, because I was so fatigued, I couldn't remember the moves and my hands felt like bricks. If it wasn't for Jane who has become the most dependable training buddy in the world. I would have probably given up.



For Jane, it helped her anxiety and from the start of the first class, she didn't think of anything else for a whole hour. We invested in our health and persisted. I started to walk again from being dependent on a mobility scooter and Jane practiced daily to help focus and stay grounded. It has reduced my pain levels and made them manageable by improving the strength and flexibility in my muscles. It is not a cure for our illness's but they would be a damn site worse if I didn't practice. We found the tai chi so beneficial that we became instructors ourselves so we could originally sustain our group classes. However, we soon realised we could support anyone in the community too.



Fast forward and today we have been instructors with Dr Lam's Tai Chi for Health Institute for 3 ½ years. If it wasn't for the Tai Chi for Arthritis programme, I would not have been able to manage Yang Style.

This year we have taken advantage of lockdown and zoom and we successfully trained at Otago and Falls Prevention Instructors.

We also qualified as Level 1 Deyin Institute Instructors.

And British Health Qigong Association Instructors.

I won't lie, it has been challenging physically, emotionally and chronic 'illnessy' but nothing is worth it without the challenge. I am able to live my life with Fibro and I'm hoping that we can inspire you too to start this amazing gentle exercise with all it's magical properties of Chi.



Our classes are run in a safe and fun environment. There is no competition and no race, as learning tai chi is infinite. Everyone learns at their own pace and there's nothing to be ashamed about. Every practice you learn something new about yourself.

All we ask is that you invest in your health. After learning your chosen routine, you will have a skill for life and you can practice anywhere. Practice is key! On your worst day you can walk away feeling energised and uplifted.

The income from our classes helps to sustain the support group sessions.

We look forward to welcoming you))



# 30 Benefits of Qigong

1. Loosens Muscles
2. Builds Power
3. Strengthens Organs
4. Slows Respiration
5. Strengthens Nerves
6. Builds Bone Density
7. Prevents Joint Injury
8. Strengthens Ligaments
9. Destroys Free Radicals
10. Increases Injury Recovery
11. Decreases Stress
12. Balances Emotions
13. Improves Circulation
14. Prevents Muscular Spasms
15. Reduces Pain
16. Lowers Heart Rate
17. Normalizes EKG
18. Lowers Blood Pressure
19. Improves Asthma
20. Relieves Bronchitis
21. Builds Immune System
22. Relieves Migraines
23. Decreases Stroke Risk
24. Improves Skin Elasticity
25. Improves Posture
26. Improves Flexibility
27. Increases Balance
28. Improves Memory
29. Aides in Digestion
30. Improves Kidney Function



www.facebook.com/montereybayholistic



Fibro Active



## 12-week Tai Chi for Health Course

Starting Tuesday 7th September 2021

Free taster session on Tue 31st Aug

Sun Style Short form (Tai Chi for Arthritis) Part 1

Petersham Community Hall

£5 per class

Time: 9.30am—10.30am

10 Places Fully Funded for Petersham Residents

Our Tai Chi classes are open to anyone and any ability aged 18+. The movements are specifically designed to include people who otherwise find it difficult to exercise. This form is slow and gentle, ideal to start your Tai Chi journey. Our certified instructors have been trained to teach you safely, and will make it easy to learn in a fun and relaxed environment.

The benefits include:

- De-stress and unwind
- Pain relief and less stiffness
- Improved balance and less falls
- Uplifting of the spirit and greater relaxation
- Improved ability to do daily tasks
- Improved muscle strength and joint flexibility



To find out more and to book a place please contact:

Julie on 07944111190 or email: [julie@fibroactive.co.uk](mailto:julie@fibroactive.co.uk)

**British Health Qigong Association**

**Wind down and de-stress with this beautiful Qigong Set & Relaxation**

**Starts Monday 6th September**

Course Running from Sept 2021 to July 2022 term time

**Petersham Community Hall**

**Time: 2.45pm—3.45pm**

**Classes £5 each**

For more details and to sign up please visit:

**[fibroactive.co.uk](http://fibroactive.co.uk)**

**[julie@fibroactive.co.uk](mailto:julie@fibroactive.co.uk)    07944111190**

## TAI CHI AND THE BRAIN

Improved Life Coping Skills

Keeps The Brain Young

Healthier Aging

Calm Relaxation

**Slow Motion ~Low Impact  
Meditative ~ Mind Body Exercise  
Appropriate For All Fitness Levels**

Reduces Stress Related Conditions

rthealthylivingsolutions.com

