

# TAI CHI

Gentle Exercise For Greater Health

## ENTERTAINING AND FUN PRESENTATION FOR RESIDENTS AT ALL LEVELS OF CARE

### Features:

- Humour
- Demonstrations
- Practical Tai Chi health tips
- Understanding the concept of Chi for health
- Calming the mind
- Energising the body
- Adapting Tai Chi to seated position



### ABOUT TAI CHI

- Tai Chi is an ancient Chinese exercise, relaxation, meditation and self-defence system
- The five major areas of Tai Chi are:
  - The Form (exercise)
  - Qigong/Nei Kung (energy development)
  - Push Hands (sensitivity exercise)
  - Self-Defence
  - Weapons forms (sabre, sword, and spear)

### DURATION

- 30-60 minutes

### LOCATION

- On site

### CURRENT CERTIFICATES

- Professional and public liability insurance and Police Check

### FEE

- \$150

[www.chrischi.com.au](http://www.chrischi.com.au)

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# CHRIS BENNETT - TAI CHI TEACHER

*30 years' experience of learning and teaching Tai Chi*



## What Others Have Said

*Thank you for a wonderful afternoon. The residents and staff thoroughly enjoyed your delivery of Chair Chi and would love to have you back again.* (Wendy Toohey)

*Tai Chi has provided me with a greater awareness of my being and general relaxation.* (Moira Penman)

*Tai Chi gave me a greater calming effect.* (Stephen Brown)

*Better posture and ease of lower back pain.* (Jim Smith)

*A great way to relax and focus on myself.* (Terry Kelly)

## Experience in Aged Care

Eight years' experience working in the aged care sector providing presentations and workshops for residents and staff. Currently running several regular Chair Chi sessions for residents at various aged care centres.

## Residents' Workshops

Delivered over 1200 Chair Chi workshops for all levels of care in over 30 aged care centres in Melbourne

## Staff Training

Provided staff training, nationally and in New Zealand, in our *Chair Chi Training Program*, *Ease Pain the Chi Way* and *Ready Steady - Better Balance for Seniors*

## Not-for-Profit Organisations

Delivered Tai Chi presentations and workshops for Rotary, Rotaract, Lions Clubs, Red Cross, Caritas Christi Hospice, Monbulk Elderly Citizens Club, Libraries, T.O.W.N clubs, Glen Waverley Junior Football Club

## 1 on 1

Provided Tai Chi personal training

## Author

Tai Chi: A Step-by-Step Guide to Complete Relaxation

## Memberships

Wushu and Tai Chi Practitioners Association  
Australian Institute of Training and Development

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