

Testimonials

“Anne is a wonderful teacher of tai chi.”

“Tai chi is very gentle exercise yet is remarkably energising and fun!”

“I really like the relaxation and energy tai chi gives me.”

“I enjoy the feeling of energy generated from the class activity.”

“I have had arthritis for some years, and tai chi has helped my balance considerably.”

“Anne makes complicated movements easy to follow!”

“You observe very closely and give really useful feedback on what I’m doing.”

Call for more information and forthcoming classes on

07786 242949 or email me at anne@riverdragon.org



RIVERDRAGON

Health & Well-being Coaching
Reinventing Ageing
Tai Chi & Qigong Instruction

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Tai Chi for Health & Qigong

Suitable for everyone,
including
people with physical difficulties

Classes, small group &
individual lessons



Anne Waldon

Kineton, Wasperton
Leamington



TAI CHI FOR HEALTH

Tai chi is a traditional Chinese way of keeping fit, healthy and well.
Using sets of slow, precise and beautiful movements,
tai chi players improve their balance, strength, circulation, flexibility and energy.
It's also famous for developing a sense of peace and tranquillity.

"I always wanted to learn tai chi..."

But, though I started several times, I found it difficult to remember the movements. My progress was so slow, I gave up.

Then a client told me about Dr Lam's Tai Chi for Arthritis, which had helped her a great deal with her own condition. I started learning the forms so I could help my mother, who also has arthritis. But I kept on doing the sets (even though I don't have arthritis) because I enjoyed them so much, and I found that my own health, posture and peace of mind improved.

In fact, I loved TCA so much, I became a Certified Instructor. Now I teach Dr Lam's programmes to all kinds of people aged from under 30 to over 80."

Anne Waldon, FRSA FCIEA

Certified Instructor of Tai Chi for Arthritis,

Back Pain, Osteoporosis, Energy

WHAT ARE THE TAI CHI FOR HEALTH PROGRAMMES?

Short sets of tai movements, specially chosen by Dr Paul Lam (with the help of other health and tai chi experts) to help people with movement difficulties and other health problems.

Dr Lam is a family physician in Australia, and is also a tai chi master and a world champion tai chi player. He has arthritis himself, and took up tai chi as a very young man to help him control its effects.

There are many forms of tai chi, some of which are very vigorous and demanding. With his colleagues, Dr Lam created small sets of movements drawn from Sun style tai chi. This is a gentle but very powerful style, which puts a lot of focus on energy.

Practising the Tai Chi for Health sets is likely, among other things, to improve your flexibility, balance, blood circulation, heart and lungs, and to help you have a sense of calm and peace. They are excellent for de-stressing and winding down!

Because they are so gentle, and can be done standing or sitting (or a mixture), they can be done by almost everyone, even if you have quite severe physical problems. Yet at the same time, they are invigorating and challenging to learn, even if you are physically fit. With tai chi, there is always more to learn!

ANNE WALDON:

is a highly experienced coach with a personal and professional interest in ageing and how to make the most of this stage of life. Anne also works as a health coach with people dealing with illness and operations. She holds Master NLP Practitioner, Energetic NLP Practitioner and Hypnotherapist status.