

## LEARNER INFORMATION

*Government legislation, introduced on 1 July 2007, places a total ban on smoking in public places; the College site has been smoke-free since September '05 - all users are required to respect this.*

### Data Protection

All students will be required to complete an enrolment form at their first session. Details given at that time are held on our computerised database and governed by the Data Protection Act.

### Equalities Statement

The County Council operates an Equality of Opportunity Policy. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust. We welcome disabled people and those with support needs, learning difficulties and medical conditions such as wheelchair users, those with mental health difficulties, epilepsy, dyslexia, D/deaf and partially sighted.

### Please tick box if you would like:

- further information about the range of support we can offer
- us to contact you, in confidence to discuss support available

  

Linton Village College  
Cambridge Road  
Linton  
Cambridge CB21 4JB

Phone: 01223 891233  
Email: [adulteducation@lvc.org](mailto:adulteducation@lvc.org)

**Hours:** 09:00-13:00 Mondays and Fridays  
14:00-18:00 Tuesdays, Wednesdays and Thursdays

# T'AI CHI IMPROVERS

**LINTON VILLAGE COLLEGE**

**TUESDAYS from 18:30 to 20:30**

**COMMENCING 24 APRIL 2012**

**Tutor: FARADENA AFIFI**

**£100 per 10 WEEKS**

## Any skills or qualifications needed for entry into class?

None.

## Course Description

T'ai Chi is a meditative form of exercise that can help to improve our physical and mental wellbeing. This class will introduce the basic principles with relatively simple exercises, moving on to learning the Yang style Short Form.

A Health Awareness form will have to be completed at first session.

## Teaching/learning methods used

- ◆ Class teaching
- ◆ Demonstration
- ◆ Homework optional - but practice improves technique.

*Please wear comfortable clothing and flat shoes.*

## Progression

By the end of the course you will have an awareness of the basic principles underlying T'ai Chi Chuan and Chi Kung and be able to practice Chi Kung exercises at home.

### TERM DATES 2011

Autumn term:	19 September–2 December
Half term:	24 October–28 October
Spring term:	9 January–23 March
Half term:	13 February–17 February
Summer term:	23 April–13 July
Half term:	4 June–18 June