

Marian is a teacher at Oaklynn Special School. She and her husband Pete have a special interest in Tai Chi. They have been developing their own easily accessible tai chi programme and have been teaching tai chi for several years to adults in community settings as well as children and students with Special Needs.

Marian and Pete are working on different versions of each lesson (new sessions are added regularly) which :

- Are accessible for adults, children and families and participants with special educational and physical needs.
- Have a very easy to follow system with a focus on the fun which provides an enjoyable experience and is fantastic for wellbeing.
- Are **FREE** - to help out at this time Marian and Pete are currently publishing some of their programmes free to view on Youtube so students, families and staff and the whole Oaklynn whānau can enjoy them at home.

FIRST SESSION - CALM

<https://www.youtube.com/channel/UCJ73regH6QipaamZyQ5Rf3w>

Also here's a message from Marian....

“What is tai chi? It is a gentle, mindful way of moving that follows a set of principles. The movements originate from martial arts but tai chi is now often practiced for healthy exercise. Good for body awareness, coordination, balance and self-regulation. Great for gaining calm, energy and focus. Qigong is like tai chi with more focus on the breathing.

For updates, news and other activities you can look on the website:

<https://www.taichiearth.com/>

We are in the early stages of setting up our membership website so keep checking for the new content we are adding. Have a look at the testimonials page to get a feel for what benefits it can bring. Why not give it a go so we can help you to Move Through the Day :-)”

Ngā mihi nui
Marian

