

Dear Athlete & Mentor,

Special Olympics Eastern Region is delighted to invite Athlete Leaders to the first Tai Chi Workshop of 2018. The workshop will take place in our home, Special Olympics Ireland Offices, National Sports Campus, Dublin 15 on **Saturday 14th of April**. We anticipate the demand for the workshop will be high, therefore we are running two different sessions of Tai Chi on the 14th of April. The first session will take place at 10am and the second session will take place at 11.30am. We will have tea/coffee and refreshments for all participants from 11am to 11.30am.

The workshop will be facilitated by **Tai Chi Your Way**. The facilitators have many different ways of adapting the plans so that every Athlete Leader can get involved. The exercises can be done from a standing or sitting position.

Tai Chi builds confidence, self-esteem and can overall make the Athlete Leaders more relaxed and happier in everyday life.

If you would like to attend the workshop, please complete the attached registration form and state which session you would like to register for. Please note athletes must be accompanied by a mentor.

Below are some photos of our athletes in action at the last Tai Chi Workshop;



I look forward to hearing back from you,

Joanne Kelly

Regional Development Officer - Clubs