



## Tai Chi Workshops

**Tai Chi workshops** are developed to improve focus, coordination, strength, calmness and balance. The workshop are facilitated by **Tai Chi Your Way** and they have many different ways of adapting the plan so 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 are interested in attending a Tai Chi workshop or if you would like to find out some more information on these workshops

please contact Joanne on 01 891 2000 or [joanne.kelly@specialolympics.ie](mailto:joanne.kelly@specialolympics.ie)