

My name is Laraine Tucker and I have been involved within Qi Gong and Tai Chi for over 25 years.

I have seen many students benefit from regular practise of Qi Gong and Tai Chi. Tai Chi / Taijiquan is an internal martial art that provides a method of cultivating deep relaxation and supple strength based on a unique form of complex movements. The soft flowing movements have a deep and powerful effect on the body and mind. Many students enjoy the initial stages of training when we work towards higher awareness, deep relaxation, correct postural alignments and body mind connections in order to prepare the mind and the body for further training.

I have been regularly training in Taiwan with my main teacher, Master Chen Hsiu Yao.

I have a teaching qualification and I am qualified to teach GP referrals.

I am interested in helping my students understand how their body habitually reacts to stress and then giving them the tools to release it.

I find helping people with various physical challenges through the practice of the Tai Chi principles very rewarding.



My name is Peter Simon and my internal arts journey started around 1991.

As a practising manual therapist I have learnt to accept and understand there are many aspects of good health and well being. Modern lifestyle might often make us ignore various signals of our mind and body that something is out of balance.

When I was invited to start instructing Qi Gong and Meditation in Tai Chi groups I become more aware of the many challenges adult learners may face, whether related to physical and mental health or other aspects of their lives. I enjoy working with mature students helping them to manage their conditions and impact of stress through practice of Meditation, Breath Regulation, Qi Gong and Tai Chi as well as using these as tools for self-development and self-cultivation. Seeing many students' lives being gradually transformed by a practice of purposeful stillness and mindful movement makes me happy and more appreciative of my own regained health.

The practice of Breath Work, Meditation, Qi Gong and Tai Chi can be beneficial for all ages:

- Brings about deep relaxation of body and mind
- Increases awareness of the mind and body, reduces impact of stress
- Improves postural alignment, improves functional strength, suppleness and balance, counteracts ageing and chronic conditions by relaxing blood vessels, relaxes muscles relieving tension and tightness
- Regulates and deepens breathing, treating respiratory conditions including COPD
- Prevents and treats arthritis, osteoporosis and fibromyalgia
- Lowers blood pressure
- Helps with pain management
- Increases mindfulness by harmonising heart, mind and body, it works towards mindful movement, body control and smooth coordination



Tai Chi is a very personal journey and apart from these tangible benefits it can be used as a complex tool to work on self-awareness and self-development.

We offer :

Regular weekly classes, training events, one-to-one sessions, corporate tasters and training / well-being days.

<http://www.stringofpearlstaichi.co.uk>