

**The 'Mindfulness and Meditation' group members had expressed an interest in Tai Chi and, always willing to oblige, I arranged to extend this opportunity to all Syston and District U3A members. What a pity you were unable to join us. Oh what fun we all had. On the last Wednesday of October at Syston Community Centre thirty one of us learnt that the development of Tai Chi originated from China and was written of over three thousand years ago as a Martial Art. It is a slow, gentle form of movement, physical postures, meditative state of mind and controlled breathing. Combining these elements brings (we were told) harmony between mind and body and greatly improves balance.**

**Nasser Butt and Colin who is a Tai Chi exponent from Australia, demonstrated a short programme of beneficial movements to help us improve our health and wellbeing. Despite being relatively easy to accomplish these, the hardest part was managing to complete the simplest exercises SLOWLY! Everyone was able to take part irrespective of their ability. Where necessary they used a chair for additional balance or sat on it as Tai Chi is very inclusive unlike most physical activities. From personal experience Tai Chi is highly effective for muscle strengthening and toning although resulting minor aches were temporary – thankfully.**

**This was yet another one off event which U3A members can choose to try and, I trust, enjoy. Next year I am sure there will be more opportunities to celebrate all the things we have always wanted to have a go at and never have. Never fear the U3A is here ! View our ongoing list of groups at [www.systonu3a.org.uk](http://www.systonu3a.org.uk) then provided work is less than full time come and join us. If you require further help or information telephone 0300 102 1381.**

**Next year we will also be on YouTube. You heard it here folks !**

**Must continue my Tai Chi sequence now. See you soon.**