

Lighthouse Aqua Tai Chi® is a registered trademark and an exclusive copyrighted programme belonging to and created by fully qualified Tai Chi, Qigong and Aqua exercise instructors David Pelling and Helena Kean.

This programme is a gentle and enjoyable group exercise, in warm water that is also mindful and holistic. Accessible to non-swimmers and people who are less confident in water.

Low impact and relaxing the programme is suitable for all levels of fitness and ability and is specifically designed to :

- ◆ Improve Balance, co-ordination and mobility
- ◆ Increase Joint and tendon strength
- ◆ Boost well-being and aid relaxation
- ◆ Engage the whole body in mindful movement and motivate full participation.
- ◆ Be accessible to anyone who has not done any exercise for a long time or has an injury that limits mobility
- ◆ Teach real Tai Chi movements for **progressive** learning from Aqua to Land based classes



The sessions are fun, friendly and non-competitive. There is soothing background music to encourage relaxation and the instructors are mature, supportive and experienced, using gentle motivation and encouragement.

The programme is real tai chi in a progressive format that offers all the benefits of tai chi as outlined in the **NHS Livewell Programme** plus the recognized outcomes of aqua based exercise.

The sessions also help to build confidence in the water, leading to confidence and fitness to engage in other fitness activities and encouraging a healthier, more active lifestyle

This is an **ideal exercise** for people with:

- ◆ Joint Pain
- ◆ Knee and Hip Replacements
- ◆ Back Problems
- ◆ Stress related Illness
- ◆ Balance and general mobility difficulties
- ◆ Leg problems
- ◆ Rehabilitation after injury or surgery



Please always check with your GP or medical professional before undertaking any exercise programme, especially after surgery, or if you have heart failure.

You'll need sports swimwear. We also recommend aqua shoes and a rash vest if you feel cool in water. These items are not expensive.

For privacy and to protect vulnerable people we do not allow spectators at our sessions. Our instructors are DBS enhanced checked to teach vulnerable adults.