



# Tai Chi Training Class for Autism and Families



## *Tai Chi*

Originally developed in China several thousand years ago as a martial art, most people now practice Tai Chi for health and relaxation. Tai Chi in general could reduce stress level while improving self-control/regulation, balance/coordination and health condition.

The steady and slow movements of Tai Chi can be practiced at any age without stress. Tai Chi is an exercise that trains our whole body to work together more effectively and efficiently by opening our spine and joints, stretching and strengthening our tendons and muscles. With consistent and persistent practices, Tai Chi can activate our immune and nerve system.

### *Tai Chi for Autism*

People with autism may have difficulties relating or attaching to others. Early treatment and intervention can help them reach their full potential and enjoy independency.

The co-morbidity of autism and depression and/or anxiety may occur in some people. Meditative and relaxation exercises such as Tai Chi can help them be more focus, less likely to become frustrated and more participative in activities with others.

Students find it rewarding physically, emotionally and spiritually through the structured while enjoyable poses and routines practiced throughout the class.

### *Curriculum:*

Each training session is divided into four parts:

*Warm-up* - light movements, such as shoulder circles, leaning forward and backward, bring hands up and down help to loosen muscles and joints.

*Foundation building* – a series of kicking and punching exercise to build up muscle strength and concentration. It can also help students build up confidence level and self-identity throughout the exercise.

*Qigong* – "breathe work" or "energy work," a series of gentle and mindful breathing exercise combined with movements. This exercise helps to relax the mind and mobilize body's energy and stimulate nerves system.

Instruction and practice of tai chi forms - each form (a set of movements) is demonstrated and explained by the instructor followed by student's own practice with guidance from the instructor.



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## *About the Instructor*

Henry Lau Msc, MBA, is a Scientist/Businessman and running a technology company in Boston and Hong Kong in the field of wireless communication systems.

He has been practicing Tai Chi and KungFu under the training from Master Cheung Man Chu and Cheung Man Keung, both are world champion of Tai Chi and KungFu.

Henry won the gold medal in both Tai Chi and Bagua Quan in Hong Kong International Kung Fu Competition in 2013. Henry's Tai Chi practice focuses mainly in health improvement, internal balance and relaxation. He has been teaching Tai Chi and KungFu for children and adults in both Hong Kong and the US.



## *Duration of Training:*

The complete training consists of six sessions and each session lasts for one and an half hour.

## *Tuition:*

For each session: \$25 for 1 person, \$40 for adult & child, \$60 for family of 3 or 4

Class size limit: 12

## *Individual Instruction:*

Some students may benefit most from one-to-one instruction with which the instructor can address specific problems and offer practices at the most appropriate level. Please contact us to schedule the private lesson with affordable tuition.

## *Contact Us*

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