

Relax-Into-Stillness with Tai Chi

In this session, I will guide you through an experience of moving meditation based on the ancient Chinese art of Tai Chi. The emphasis will be on breathing and gentle movements. These movements can be performed from either a standing or seated position—No previous experience is necessary. Research demonstrates that Tai Chi has physical health benefits for a variety of conditions—in particular stress-related illness. However, Tai Chi is also beneficial for emotional challenges—especially anxiety and depression. Tai Chi is mostly about learning to let go and give up control. In Tai Chi practice you start where you are and you progress at your own pace. By learning to let go of tension you release the Chi that is already there. The payoff is more “present moment” experience and thus more stillness—and higher quality of life at any age. Tai Chi is a *Pathway to Stillness* that resides at the center of your lifestory—the unchanging mindful awareness amidst the swirl of thoughts and emotions that is human life. In this way, it is a form of *narrative care*. In this session, we will focus on the “how to” relax-into-stillness.

Biography

Gary Irwin-Kenyon (see picture below) is founding Chair and Professor of Gerontology at St. Thomas University. He is a Fellow of the Andrew Norman Institute for Advanced Studies in Gerontology and Geriatrics, University of Southern California. Besides *Pathways to Stillness* (FriesenPress, 2016) (pathwaystostillness.org), he has authored, co-authored or co-edited six books. He designed a programme, *Tai Chi as Narrative Care*, which he has been teaching for the past ten years to special groups, including residents in long-term care.



Gary Irwin-Kenyon