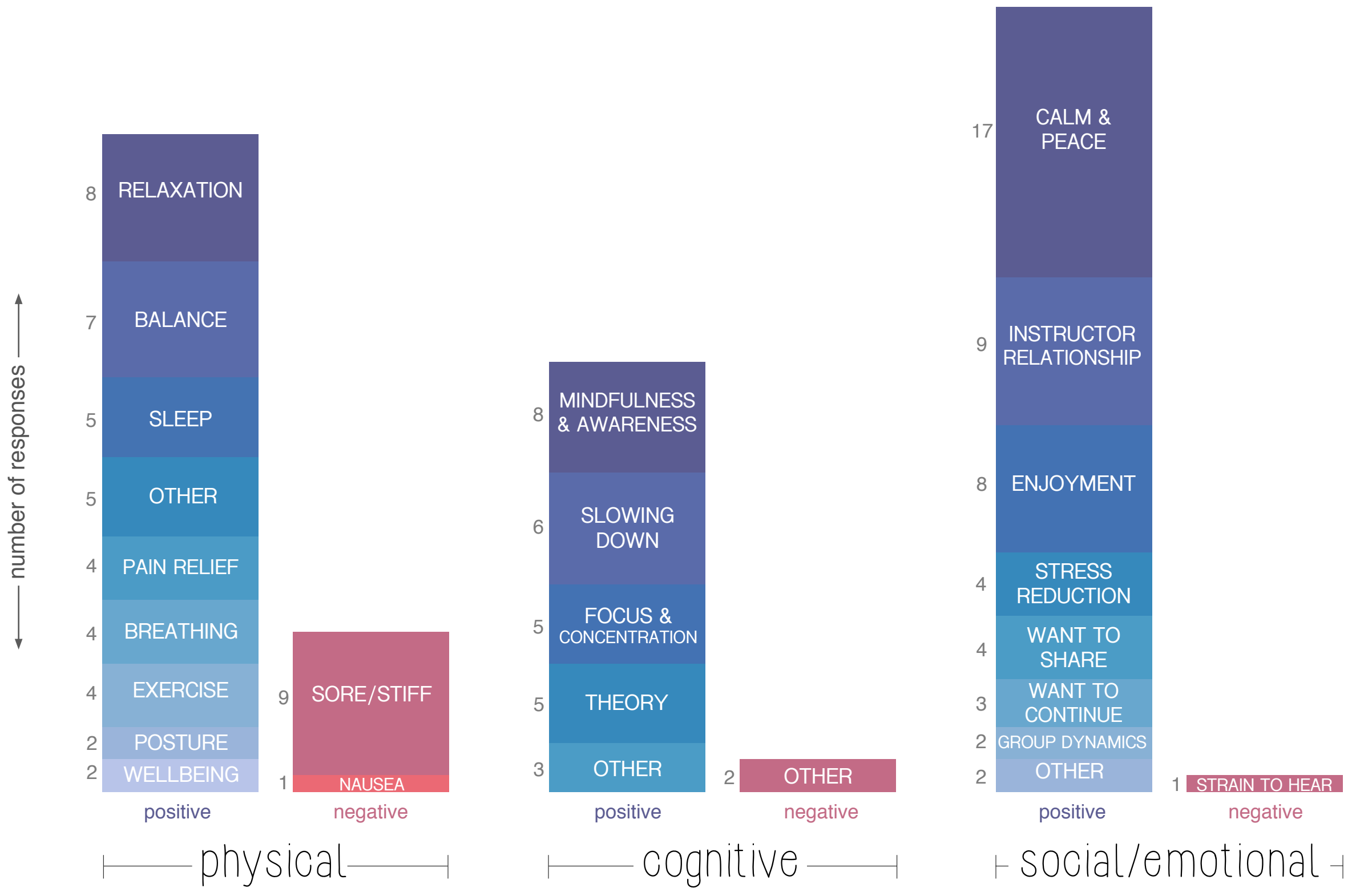


# Tai Chi

## Qualitative Analysis

Data was gathered from responses to the following questions, which were asked after one month of Tai Chi lessons:

1. Did you experience any negative effects which seemed to be caused by practicing Tai Chi? If so, please explain.
2. Did you experience any positive effects which seemed to be caused by practicing Tai Chi? If so, please explain.
3. Is there anything else you would like to share about your experience?



## Selected Quotes

### physical

RELAXATION	<ul style="list-style-type: none"> <li>"Always felt relaxed after it no matter what, even though stressors may have occurred before it"</li> <li>"I feel really relaxed and pleasantly stimulated after each session"</li> </ul>
BALANCE	<ul style="list-style-type: none"> <li>"My balance is improving"</li> <li>"I have definitely improved my ability to balance on one leg!"</li> </ul>
SLEEP	<ul style="list-style-type: none"> <li>"Sleeping much better - I used to wake often during the night. Wake feeling fresher."</li> <li>"After 10 minutes Tai Chi before bed, I sleep better - getting off to sleep is easier"</li> </ul>
OTHER <small>(digestion, stronger core, lightness)</small>	<ul style="list-style-type: none"> <li>"My digestion has improved"</li> <li>"Flexibility better. There's a gradual loosening of joints, etc."</li> </ul>
PAIN RELIEF	<ul style="list-style-type: none"> <li>"I usually arrive with a very stiff neck, after Tai Chi it is gone and the relief lasts all day"</li> <li>"Fewer Aches and pains in joints - almost none"</li> </ul>
BREATHING	<ul style="list-style-type: none"> <li>"Calmed respiratory discomfort, surprisingly, while doing exercises"</li> <li>"More aware of breathing"</li> </ul>
EXERCISE	<ul style="list-style-type: none"> <li>"This experience has motivated me to exercise more in general"</li> <li>"I am currently on a diet and this exercise regime and my rowing really helps"</li> </ul>
POSTURE	<ul style="list-style-type: none"> <li>"Posture is improved - more aware of posture especially leaving class"</li> <li>"More aware of posture"</li> </ul>
WELLBEING	<ul style="list-style-type: none"> <li>"General sense of wellbeing"</li> <li>"A good insight to general well-being"</li> </ul>
SORE/STIFF	<ul style="list-style-type: none"> <li>"A little joint and muscle soreness but nothing worrying"</li> <li>"My arms felt a bit stiff sometimes but not too bad"</li> </ul>
NAUSEA	<ul style="list-style-type: none"> <li>"Sometimes felt nauseous by the time we had finished"</li> </ul>

### cognitive

MINDFULNESS & AWARENESS	<ul style="list-style-type: none"> <li>"Experiencing more mindfulness and keeping calmer in awkward situations"</li> <li>"We can learn to still our minds and learn to act deliberately"</li> </ul>
SLOWING DOWN	<ul style="list-style-type: none"> <li>"Slowing down more frequently. Small gear change in thinking"</li> <li>"More aware of slowing down my reactions, ie 'letting go'"</li> </ul>
FOCUS & CONCENTRATION	<ul style="list-style-type: none"> <li>"I concentrate better"</li> <li>"Much calmer and more focused"</li> </ul>
THEORY	<ul style="list-style-type: none"> <li>"I am enjoying the learning experience, ie why and what the movements are set to achieve"</li> <li>"Liked the connectedness explained with people and planet"</li> </ul>
OTHER <small>(conscious of time/problems, control of mind/movement, quietness)</small>	<ul style="list-style-type: none"> <li>"Given me thought as to how I am doing with my time and problems"</li> <li>"Control over mind and movement of limbs"</li> </ul>
OTHER <small>(hard to concentrate, mind/body split)</small>	<ul style="list-style-type: none"> <li>"It was hard to concentrate or slow down initially, over time improved"</li> <li>"In the last session and afterwards, it was as if my body / mind had split. The mind wanted me to quit and do something purposeful!"</li> </ul>

### social/emotional

CALM & PEACE	<ul style="list-style-type: none"> <li>"I feel real calm and peace during and after each session"</li> <li>"I definitely felt calmer after my tai chi lessons, I almost feel as though I have a different outlook on life"</li> </ul>
INSTRUCTOR RELATIONSHIP	<ul style="list-style-type: none"> <li>"Bruno was the perfect instructor - non-judgemental so didn't feel foolish if not doing moves correctly"</li> <li>"I have really enjoyed both the exercises themselves and Bruno's quiet, calm and reassuring teaching style"</li> </ul>
ENJOYMENT	<ul style="list-style-type: none"> <li>"A thoroughly enjoyable experience"</li> <li>"I'm really enjoying doing Tai Chi and want to improve"</li> </ul>
STRESS REDUCTION	<ul style="list-style-type: none"> <li>"More able to let things go than I was. Already better able to cope with work stresses."</li> <li>"Stress reduction"</li> </ul>
WANT TO SHARE	<ul style="list-style-type: none"> <li>"I am keen to share my positive Tai Chi experience with friends and family as I think practicing Tai Chi can benefit everyone"</li> <li>"I would like many more people try this and gain the benefit, particularly for people who are stressed and rigid with their body"</li> </ul>
WANT TO CONTINUE	<ul style="list-style-type: none"> <li>"Definitely want to find a class to continue on doing it when this experiment ends"</li> <li>"I am really valuing this and I hope to make it a part of my life!"</li> </ul>
GROUP DYNAMICS	<ul style="list-style-type: none"> <li>"Met some very pleasant folks to chat with"</li> <li>"The experience of being in a similar age group of people all experiencing a new thing in their lives and enjoying the enthusiasm and commitment"</li> </ul>
OTHER <small>(centered, in my body)</small>	<ul style="list-style-type: none"> <li>"Reminded to try to be centered - to come back to core when distracted"</li> <li>"It's good to be in my body! I spend far too much time in my head, responding to others and predicting the future"</li> </ul>
STRAIN TO HEAR	<ul style="list-style-type: none"> <li>"Stress was in straining to hear what Bruno says. Better with hearing aids, but still a strain"</li> </ul>