



Tai Chi Links

Perth academy 18 Taiji Qigong:

<https://www.youtube.com/watch?v=32tH89vBtTs>

Ros Smith - Physiotherapist - The 3 planes movements:

https://www.youtube.com/watch?v=WtRYzfZ_C_w

My Simple Steps. Options for standing, and seated versions, also short videos covering a few movements at a time:

https://www.youtube.com/channel/UC_0oASp52Tj_oTsMW9cxJ4Q

Torbay and South Devon:

<https://www.torbayandsouthdevon.nhs.uk/services/pain-service/reconnect2life/improving-health-and-fitness/tai-chi/>