

**Parkinson's UK Edinburgh Branch**

**Tai Chi for Parkinson's**

With Tai Chi, Chi Kung and Meditation Teacher,  
**Kevin Brown**



**A Pilot Scheme of 10 free weekly sessions for people with Parkinson's**  
organised by Edinburgh Branch of Parkinson's UK

Tai Chi is a gentle but powerful form of flowing movement that may help in improving balance, spinal alignment and posture, physical strength, flexibility and cardiovascular fitness. By combining the slow movement with the breath many people find it beneficial in reducing stress and anxiety. Tai chi can be done seated or standing or a combination of both depending on participants' requirements. People with Parkinson's can be accompanied to the sessions.

**Dates:** Thursdays, Sept 15<sup>th</sup> – Oct 13<sup>th</sup> and Oct 27<sup>th</sup> – 24<sup>th</sup> Nov  
**Time:** 11am – 12.30pm  
**Venue:** Marchmont St Giles Church, 1a Kilgraston Road, EH9 2DW  
(venue tel; 0131 447 4359)

**To find out more and to book, please contact** Kevin Brown on 01506 845498 (leave a message if he is out) or email, [kevin@chi-flow.co.uk](mailto:kevin@chi-flow.co.uk). There is a maximum of 10 attendees so bookings are first come first served.

[www.edinburghparkinsons.org](http://www.edinburghparkinsons.org)