LITTLE TAI CHI

Little Taichi is a program designed to teach tai chi (taijiquan), qigong and breathing techniques to children.

This program is designed to introduce young minds to the benefits of mindfulness, movement, and breathwork in a fun and engaging way.

Taichi - Qigong - Breathing

For kids with special needs

Our classes are structured to be interactive and age-appropriate, ensuring an enjoyable learning experience for children.

We work directly with the children and also with the therapists. This way we can guarantee that the learning process continues.

1. **Learning to Breathe with the “Rectangle Technique” (3-2-3-2)**
2. **Learn to visualize during breathing and exercise.**
3. **Basic rutines such as the 5 Animals, the 8 Silk Brocades and the “Little Taichi” form.**

> **“Mindful movement enhances cognitive skills and academic performance**

SERENE MOTION

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