



Tai Chi 101 – 6-Week Course Guide

Led by Jingjing | The Healing Hut

Who's teaching me:

🌸 About Jingjing: Jingjing began martial arts training at age 11 in China and brings a rich, authentic Tai Chi tradition to her teaching. With a background in law, she's also a certified UK fitness instructor, Pilates and yoga teacher, and trained in Rongoā Māori and applied psychology. Her approach blends indigenous wisdom and modern science, creating a unique and accessible path to wellbeing. Jingjing's mission is to help 1,000,000 people elevate their health and happiness through Tai Chi, Qi Gong, and holistic self-care.

🌿 Welcome to Tai Chi 101 – a gentle, powerful way to restore balance, build vitality, and relax deeply.

**** New course begins August – Linwood Pool ****

Ready to begin your Tai Chi journey?

This 6-week beginner-friendly course introduces the foundational exercises of Tai Chi—gentle, flowing movements that are easy to learn and practice at home.

You'll be guided through movements that develop the core qualities of Tai Chi:



Grounding – feel steady and centred



Softness – move with ease and grace



Quietness – calm your mind and body



Relaxation – release tension and find balance

Whether you're new to movement or returning to it, this course is a peaceful, practical way to support your wellbeing.



Dates: Tuesday 5 August 2025 - Tuesday 16 September 2025 (UTC+12)



Location: Te Pou Toetoe Linwood Pool, Weka Room, 141 Smith Street, Linwood, Christchurch 8062

Please note: Due to venue unavailability on 2 September, the final class will be held on 16 September.



One-Term Pass – \$98.00

6 sessions for one person



Drop-In – \$20.00

Single session for one person



Duo Ticket – \$178.00

Term pass for two people (6 sessions each)

Online Ticket Booking: Click [**HERE**](#)

Weekly Focus

Week	Focus	Key Takeaway
1	Posture & Breath	Learn how to stand with awareness and move with ease
2	Rooting	Feel more grounded, stable, and connected
3	Flow	Find your rhythm and smooth coordination
4	Energy & Intention	Tap into soft power and inner direction
5	Awareness	Awaken your “Tai Chi brain” – calm focus and clarity
6	Integration	Build your own practice for everyday wellbeing

Tips for Practice at Home

- 5–10 minutes a day is enough to feel the benefit
- Practice slowly, with focus
- Always listen to your body
- Consistency > Perfection

☀️ “Diamond is small but precious. Small movements done right bring big change.” – Jingjing

Tai Chi Q&A

- ❓ Do I need any experience to join?
👉 Not at all! This course is designed for complete beginners.
- ❓ What should I wear?
👉 Loose, comfortable clothing and flat-soled shoes are ideal.
- ❓ Can Tai Chi help with balance?
👉 Yes! Tai Chi is well known for improving balance, stability, and body awareness.
- ❓ Is Tai Chi the same as Qigong?
👉 They share similarities, but Tai Chi is a martial art with sequences and flow, while Qigong focuses more on internal energy and breath.
- ❓ Do I need to memorise movements?

👉 No. You'll learn step-by-step and build confidence over time. Repetition is part of the process.

- ? What if I miss a class?

👉 You'll receive a recap and can catch up at your own pace with the home practice guide.

✉ Have questions or feedback? I'd love to hear from you!

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