Report of Llandrindod Wells & District U3A February 2017 Lecture Meeting

T'ai Chi in a Stressful World – Stephen Ashley

Report by Clive Barrett

Llandrindod & District U3A met on Monday 13th February at the Metropole Hotel. The speaker was member Stephen Ashley, whose topic was T'ai Chi. He first became interested in this ancient art in the late 1970's, and studied for many years under the UK's leading master. He explained that it was a form of exercise based on softness and awareness rather than force and resistance, and that it is known to calm the emotions, relieve stress, focus the mind and strengthen the immune system. It is practiced at a slow speed which promotes relaxation, straight posture and balance. Stephen went through the history of T'ai Chi and explained with the help of diagrams how it worked. He concluded his presentation with a five minute demonstration of a typical T'ai Chi routine.

Next month's Llandrindod & District U3A meeting will be the Annual General Meeting. The business part will be followed by the current Chairman Berwyn Woolnough talking about "The Life and Music of George Gershwin". The date of the meeting is Monday 13th March at 10:30am at the Hotel Metropole, with coffee available from 10:00am.