

DISCOVERY GUIDE

Tai Chi Foundations: Movement, Balance & Mindfulness

Lifestyle & Life Skills / Fitness & Everyday Wellbeing Guides

No standalone pathway purchase · One-time course fee · Tai Chi for Beginners

INR 1,499

Access

6 months course access

Study plan

10-20 minutes · slow guided practice most days

Learning format

Public discovery guide; package delivery and inclusions must be checked separately

Programme overview

Develop a safe, repeatable Tai Chi routine that supports body awareness, calm attention, mobility and balance at an appropriate individual pace.

Who this is for

- 1 Adults and older adults who want a gentle introduction to Tai Chi principles, posture, breathing, balance, coordinated movement and mindful practice.

Published topics and learning focus

- 1 Set a stable stance and relaxed posture
- 2 Coordinate slow movement with comfortable breathing
- 3 Practise safe weight shifting
- 4 Learn a short beginner sequence
- 5 Use support or seated adaptations when needed

Related package

The displayed fee and access belong to this existing course. Review its published lessons; personal consultations and in-person coaching are not included.

Tai Chi for Beginners

Before you choose

- 1 General movement education only. Use stable support and professional guidance if you have balance problems, recent surgery, pain, injury or a medical condition.
- 2 This is a discovery pathway, not a standalone paid course or a promise of free tuition. Confirm any separate scope, fee and access in writing.
- 3 Published learning topics describe the intended focus, not guaranteed personal, career or business results.

Take the next step

Enrol in Tai Chi for Beginners

View current details, scope and terms

Ask ZELVU about this programme

Save this brochure for reference. Details can change: confirm the current programme page and checkout before making a purchase.