

We can also provide on-site training for your staff, along with the open courses we offer, to ensure high standards are maintained and that there is continual development through CPD's



Painting the Rainbow provides community based 'Tai Chi and Chi-kung'

Working in partnership with Kai Ming Association for Tai Chi Chuan For more information and details of our open classes, please visit

[www.paintingtherainbow.co.uk](http://www.paintingtherainbow.co.uk)

[www.kaiming.co.uk](http://www.kaiming.co.uk)



We have a range of DVD's and music that support our sessions to enable you to continue your practice and enjoyment at home.

Clips of the DVD's can be seen on the Painting the Rainbow website.



supported by [www.midlandstaichirehab.com](http://www.midlandstaichirehab.com)



# Painting the Rainbow

Community Based Tai Chi for Everyone.  
For care not profit

Extensive research is now available supporting the benefits of Tai Chi on the health and well-being of people of all ages.

We provide a friendly and professional service with instructors who are fully qualified and are at the forefront of development in this field.

Our aim is to make Tai Chi accessible to everyone and to facilitate this, Painting the Rainbow was born in 2006.



To discuss your requirements please call Mark or Jenny Peters SRN

07831 743737

Or visit our website [www.paintingtherainbow.co.uk](http://www.paintingtherainbow.co.uk)

We provide standing and seated exercises to meet the needs of your group and to develop potential; we can tailor our classes to suit the abilities of individuals within those groups.

We work with local hospitals providing rehabilitation sessions for Cardiac patients, COPD, Rheumatology and Falls Prevention within the community. Because of this work, we have produced the only tai chi DVD, filmed with patients and staff, that is available within the NHS. Plus, our training is CIMSPA accredited.

We provide instructors for AgeUK, Alzheimer Society and more, working with challenging conditions that mainstream tai chi instructors feel unable to commit to. This is because all our instructors have awareness training for common medical conditions, mental health conditions and medical emergencies that they may encounter whilst teaching a group; plus knowledge of chronic long-term illnesses. They are all insured and have current Cardiac Resuscitation Certificates (CPR).

We believe in potential, and have taken those attending sessions from a belief that their health may never improve, to them gaining the confidence to train as instructors.

The focus is on healthy gentle exercise, social interaction, relaxation and progression (however slow this may be for some). Plus sessions are FUN!

We specialise in:

- Schools
- Day Centres
- Rehab Classes e.g. Cardiac, Stroke, Arthritis
- Special Needs Groups
- Community Groups & Hostels
- Hospitals (patient sessions and staff training)
- Support Groups/Social Groups
- Schools (for both pupils and staff)
- Sheltered Housing
- Residential Homes

Currently we span the Midlands and have our head office in Birmingham



We run weekly tai chi and qigong (chi-kung) for **FREE** in local parks across Birmingham as part of the Active Parks program.

There are both seated and standing to suit those attending and are open to all ages and levels of ability.



All of our instructors train on a monthly basis to ensure their skills are kept up to date.

Our training is the only Tai Chi program currently accredited by Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

The name **Painting the Rainbow** was chosen because it conjures up a very recognisable visual happy feeling, which is a large part of our aim when people take part in classes; it is also the name of one of the exercises

Painting the Rainbow is a Community Interest Company (CIC) with a focus on community involvement.

Our network of qualified instructors ensures classes can be covered by another qualified colleague in the case of illness or holidays. Only in extreme circumstances i.e. weather, accidents etc do we have to cancel a class. We pride ourselves in never letting you down

We are available for demonstrations talks and short introductory sessions.

To discuss your requirements please call Mark or Jenny Peters SRN

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Our ultimate aim is to provide 'FREE' sessions and to this end we continue to