

NATIONAL TRUST FOR SCOTLAND MEDIA RELEASE

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Tai Chi and Tea at Pollok House

The National Trust for Scotland's Pollok House invites you to come and exercise both body and mind with their Tai Chi and Tea sessions.

From Tuesday 18 June, Tai Chi Glasgow South will lead workshop-style sessions on the front lawns of Pollok House overlooking the White Cart river in the tranquil surroundings of Pollok Country Park.

Tai Chi combines gentle physical exercise and stretching with mindfulness. Taking the form of a series of slow, meditative body movements that were originally designed for self-defence, it helps with stress reduction and promotes greater physical awareness improving balance, flexibility and strength.

To further de-stress, participants will then enjoy a cup of tea and one of Pollok House's famous, home baked scones with clotted cream and jam, served in the Servant's Hall.

Cassandra McIntyre, Visitor Services Supervisor Catering, Pollok House, said: "We're delighted to welcome Tai Chi South to Pollok House to lead these relaxing workshops. We all lead busy lives and it's important that we take some time out for ourselves. A session of Tai Chi followed by a cream tea in our Servants Hall is the perfect stress reliever."

The Tai Chi sessions will run from every Tuesday from 18 June - 20 August and will be led by Tai Chi Glasgow South. Booking is essential and can be made online.

- ENDS -

Contact Allie McAllister on 0131 458 1969

Editor's Notes:

In the event of poor weather, the sessions will be held inside the house.

Sessions start on Tuesday 18 June until Tuesday 20 August from 10am–12 noon.

£10 per session (includes scone, jam and cream, tea or coffee)

To book visit: <https://nts.cloudvenue.co.uk/taichiantea>

Images:

The National Trust for Scotland is the charity that celebrates and protects Scotland's heritage. It relies on the support of its members and donors to carry out its important work of caring for the natural and built heritage of Scotland for everyone to enjoy.

From coastlines to castles, art to architecture, wildlife to wildernesses, the National Trust for Scotland exists to protect the national and natural treasures we all love. To plan your visit today, enter your postcode at www.nts.org.uk.

