

Relax with the Thistle Foundation at Chi in the Park

On 28 June 2017 the Thistle Foundation will be holding Chi in the Park when they hope you will join them. The event is being staged in Princes Street Gardens under the leadership of Margaret Hendry who will lead the mass Tai Chi session.



She is pretty excited about it! She told us : “On 28th June I am doing a massive Chi in the Park.

“That is Tai Chi in Princes Street Gardens between 11am and 1pm. I need thousands of people to come to the West Princes Street Gardens and it will be really good fun!

“The event is for funds for the Thistle Foundation which is a small charity based on Niddrie Mains Road. Anyone can pop out and see us there. Membership is only £25 a year and our gym is just as good as anywhere else! You will be made very welcome.”



The organisers hope for a lovely day on 28 June!

Thistle have a brand new building in Craigmillar and run their award-winning Centre of Wellbeing there, but now they urgently need funds to keep it going and meet the increasing demand for their help.

Actor Tam Dean Burn helped to launch the fundraising drive last month. He explained why he likes Tai Chi. “I do it for a whole load of different reasons every morning on the banks of the River Kelvin. I will be there on 28 June too. It is a fantastic initiative and a wonderful cause. I am totally

delighted to be able to help them.”



The charity aims to raise £50,000 to provide the life changing support that they can give to people to help them live with long term conditions.

The sponsored Tai Chi event will run for three hours from 11am to 1pm on 28 June 2017 and will be a challenge for anyone whether they are experienced or just beginners. This is an ancient form of gentle exercise, but which has many mental health benefits.

You can sign up [here](#) to get your fundraising started.



Margaret Hendry who will lead the Chi in the Park session on 28 June 2017

Margaret’s own world was changed massively by attending the Thistle Foundation some time ago. She is now a Tai Chi instructor and this has solved her chronic back pain and steered her away from alcohol dependency.





The organisers hope for a lovely day on 28 June!



Actor Tam Dean Burn is lending his support to the fundraising initiative



She was joined in Princes Street Gardens recently by actor Tam Dean Burn and others from the Centre of Wellbeing who already know the benefits of Tai Chi. Now you can too!

Sign up [here](#)

*Sign up for Chi in the Park with Margaret and [@tamdeanburn](#) this June and help [@thistlecharity](#) too!
pic.twitter.com/HcHpPSduoN*

– Edinburgh Reporter (@EdinReporter) [May 2, 2017](#)