

## **ABSTRACT:**

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<b>Name of the Thesis:</b>	Use of Tai Chi in Rehabilitation of Multiple Scleroses
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Bachelor's thesis contains both theoretical introduction to Tai Chi exercises and proposal of the possible use of Tai Chi in practice. It devotes both to the history, philosophy and to the effects of Tai Chi on the human body, as well as to the course of each exercise units running from October 2013 to March 2014. Practical part and mainly empirical part is complemented by many audio a video attachments , for illustration.

Aim of the thesis is to prove on the set of 6 respondents with Multiple Scleroses the benefical effects of Tai Chi on the human body and compare them with the results of researches published abroad.