

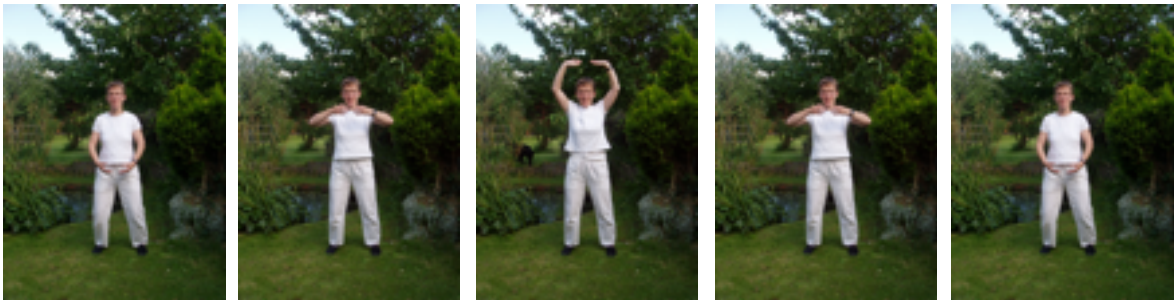
T'ai Chi & Chi Kung

T'ai Chi Chuan (T'ai Chi or Taiji for short) is a Chinese martial art with an emphasis on relaxed movements and a flow of energy rather than muscular strength. It is now also widely practised for its health benefits and meditative qualities. In T'ai Chi we practise 'forms' - set sequences of movement, often quite complex. The full system also includes individual exercises, partner work of various types, meditation, martial applications and work with various weapons. There are several styles of T'ai Chi with slightly different qualities but the same basic principles.

Chi Kung (Qigong) is an umbrella term for a wide range of practices - physical exercises, breathing, meditation - that cultivate our 'chi', our energy. Some Chi Kung exercises are particularly T'ai Chi-related and work with the same principles of relaxing, grounding, alignment, centring and co-ordination movement with breathing. The Chi Kung tradition goes back over 2,000 years.

Benefits

T'ai Chi and Chi Kung can improve our health and wellbeing on all sorts of levels! Practice not only improves our physical health, including posture, balance, breathing and circulation, but helps to calm the mind and relieve stress. T'ai Chi and Chi Kung encourage us to work gently and naturally, and so can be practised by people of a wide range of age and ability.



Lifting the Sky: breathe in as you rise and out as you sink

Contacts

I teach a number of classes in the Cambridge area - contact me for details. You can also find teachers and events via:

www.taichiunion.com the website of the T'ai Chi Union of Great Britain

www.taichifinder.co.uk

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