



# Tranquil Retreats

## Relax & Re-energise...

# TAI CHI

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This TAI CHI instruction will cover the fundamental essentials of the Old Classic Chen's TaiChi Quan form Laojia & focus on:-

- Wuji – 'emptiness' - the mother of Tai Chi
- Cultivation of Qi - 'energy'
- JangJong – 'standing posture'
- Use of the Heavenly Pillar - Spinal Chord

Health benefits of TAI CHI include:

- increased Qi -'energy'- levels & circulation
- strengthens circulatory and immune systems
- stimulation of the Central Nervous System
- development of internal 'musculature'
- improved flexibility & joint mobility
- significantly improved balance and co-ordination
- relaxation of both Physical & Mental tension

"Only genuine & special TaiChiQuan training can stretch & collapse each vertebrae as required. As a whole, unique "internal" exercises are being performed to manipulate & strengthen those inner muscle groups, which are used to hold up our spinal cord. Thus, our supporting "Heavenly Pillar" will grow healthier & our back muscles will get stronger, allowing greater blood & Qi flow into our brains.

As a direct result of these NeiKung, "internal" exercises, our bodies are able to tolerate more daily laborious activities, furthermore, special QiGong breathing methods help to boost our life force, increasing diaphragm activity, 'massaging' our internal organs, stimulating the metabolic rate & nourishing the body to a healthier & stronger state, ultimately, enhancing our longevity.

Thus only when one's practice of TaiChiQuan has reached such an intricate, delicate stage, can one hope to reach the level of enlightenment encompassed in this fine ancient Chinese art of physical health."

Shi DeLon

PRIVATE & PERSONALISED TRAINING; GROUP INSTRUCTION & TRAINING AVAILABLE

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