

## ENJOY

## EFFORTLESS

## FLOW

It begins with a stance. Which gives you posture. As your balance improves, you acquire poise. Calm and patience may follow; the beginnings of inner balance.

You learn a movement..over and over. Enjoy your practice, and relax. With familiarity you gain more control, of yourself. With improved coordination, your mind becomes more acutely aware of what you do. When you ease into practice, you become supple. You may become more adroit in facing your world. In time you hone your timing and sharpen your **Attention** to refine your senses. By the by, you may gain perspective and be effortlessly touched by **Harmony**.

Spontaneously the **Energy** flows. This energy can move you in **Constant Balance**. As this **Universal** energy moves through you, it empowers you and cultivates your sense of well-being.

**Yuan-Chi Tai-Chi** is an expression of **Art & Beauty**. **Tao** in motion spills over from the physical to embrace the mental and emotional and knit these three parts into a whole. It may spontaneously add value to the rest of your life, as a by-product. The **Way** develops your ability to learn more fully beyond the thinking level of awareness.

You can expect to attain health beyond what is possible with ordinary exercise; as a side-effect.

Of course, Rome wasn't built in a day. But you are welcome to begin your journey here...

### Beginners' Classes:

**Jubilee Park, Glebe, Sydney** (next to Child Care Centre on eastern side of the oval)

[1]Tuesdays:7.00-8.00AM, [2]Tuesdays:6.00-7.00PM, [3]Saturdays:9.00-10.00 AM

These are traditional ALL weather classes (rain, hail or sunshine!).

Cost - \$21 for 1 lesson or \$74/month for one lesson-a-week. (payable at start of lesson)

PRIVATE TUITION IN INNER SYDNEY AND SYDNEY CBD IS AVAILABLE BY APPOINTMENT