

Yuan-Chi Tai Chi

The Spontaneous

Way

Chuan

It begins with a stance. That 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 you begin to relax. With familiarity, your control improves. You feel more in control; of yourself. As you better coordinate the movement of your limbs, your mind becomes more acutely aware of what you do. As you take your ease in practice, you become supple. You may become more adept, more adroit in facing your world. In time you hone your timing, which enhances your attention and may refine your senses, your perception. By the by, you may gain perspective and be touched by harmony, effortlessly.

You now know the movement. Spontaneously, the energy starts to flow. This energy can move you in constant balance. As this internal energy moves through you, it develops your inner strength, to empower you and cultivate your sense of well-being.

The physical culture of Tai-Chi is an expression of art & beauty. Tao in motion spills over from the physical to enhance the mental and emotional as well as knit these three facets into a whole. It may spontaneously add value to the rest of your life, as a by-product.

Our method encourages your ability to learn more fully beyond the thinking level of your awareness. You can expect to attain health beyond what is possible with ordinary exercise; as a side-effect.

Where: Glebe, Jubilee Park

When: 7-8 AM Tuesdays and 8-9 AM Saturdays

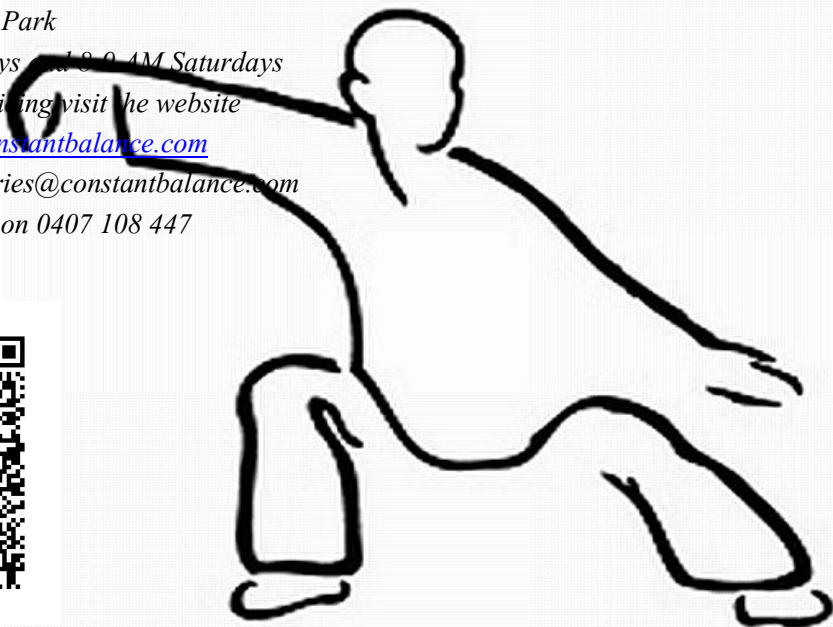
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源氣太極拳



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