

Chi Energy in Tai Chi Movement

Body, Chi and Mind are the three essentials in Tai Chi and other internal or healing arts.

Chinese medicine says: The Mind leads the Chi and the Chi leads the Blood. Our mind aspect can transcend personal limitations. Our Chi energy can nourish our physical and emotional health. Our movements can manifest as physical beauty.

Dr. Hsu will present these often neglected, though essential aspects of Tai Chi practice. His presentation will guide you through the practice whilst applying the principles of Mind and Chi energy to the movements.

This workshop is appropriate for all levels of tai chi practitioners or those who wish to learn to apply these principles.

Time: Saturday October 25, 2014
2 – 4 PM

Place: Mercer Island Community & Event Center
8236 SE 24th Street, Mercer Island, WA

Suggested Donation: \$20:00

Dr Shan-tung Hsu began teaching Tai Chi locally in 1971. He was one of the first to introduce Tai Chi to the Pacific NW. He was the inspiration for founding the Five Willow Tai Chi Association. Dr. Hsu has been a committee member of the International Medical Qigong Association. He is the former publisher of World Qigong magazine. He has lectured on Chi energy and design globally for the past 30 years.

For further information contact: Diane Exeriede, 425-452-5581

Fivewillowtaichiseattle.org