

# Deepen Your Understanding & Enjoyment of Tai Chi & Qigong

Everyone is welcome.

Sat 14 Mar — 1.30 to 4.30pm

Chief Instructor Brett Wagland

Tai Chi has its roots in the Wudang Taoist traditions which are reflected in the work of Lao Tzu called “**Tao Te Ching**” (the Classic of the Way and its Virtue), the second most translated book in the world. **Tai Chi principles** are based on the philosophy of yin and yang, wu xing (5 elements) and ba gua (8 trigrams). Nei jia (inner family) is a name used to classify arts that follow the principles that guide Tai Chi training. **Some of the principles the internal arts follow are** relaxation, the correct use of power, whole body coordination, cultivation of inner energy (qi), the strengthening of the connective tissue and internal organs, using intention instead of force, using softness to overcome hardness and understanding how to flow.



Tension and stress are the major causes of disease on the planet. **Tai Chi and Qigong are time proven methods which release tension and give you an array of tools to deal with stress.** The ancient masters understood that tension inhibits movement and stress can lead to illness. Tai Chi is designed to create harmony both externally and internally, teaching you how to relax under pressure and live your life with optimism.

Understanding the principle of whole body coordination is learning to see the strength of training the entire body. Instead of merely training individual parts of the body, **Tai Chi sees the body as a unified whole. Like a chain, it is only as strong as its weakest link.** In the Hun Yuan Tai Chi system, we use a method called Chan Si Gong which means to spiral, open and strengthen the joints, tendons, ligaments and connective tissue.

**Cultivating internal energy** is called Qigong. The relaxed and gentle movements of Tai Chi and Qigong teach you how to conserve your energy and replenish the body’s energy reserves. **In our daily lives, we consume a lot of energy through stress, worry and work.** Learning how to relax deeply allows the body to recalibrate and replenish the energy reserves.



In the workshop, you will **explore the body mechanics and inner structure** behind your Tai Chi form. This will give you greater insight into the reason the movements are designed in a certain way and how you should practise them to get the most out of your Tai Chi.

Part of the workshop will involve **learning the deep relaxation skills of the Hun Yuan Qigong.** They are simple but will lead you to experience profound states of relaxation and inner peace. This art was passed down to my teacher, Grandmaster Feng Zhi Qiang from his teacher, Hu Yao Zhen, a famous internal arts master.

You will also **come to understand the purpose behind Chan Si Gong (silk reeling movements)** of the Hun Yuan system. These exercises train your joints and connective tissue to open and become more flexible and relaxed. They are the foundation we follow when we move in Tai Chi and offer many health benefits to the practitioner.



This workshop will greatly improve your knowledge and experience of the Hun Yuan Tai Chi system. As well as being **very enjoyable**, the workshop **will elevate your understanding and bring you greater benefits** on your Tai Chi journey! Chief Instructor Brett Wagland looks forward to working with you at this workshop!



**Sat 14 Mar 2020 1.30 to 4.30pm \$100–**  
**Wesley Centre** Common Area, behind the Rydges Hotel  
corner National Circt & Fitzroy St, **Forrest**  
Enter through the main entrance of the building in the car park.  
**Bookings are essential** – pay your instructor or online,  
[www.taichiacademy.com.au/tca/node/210](http://www.taichiacademy.com.au/tca/node/210)  
or phone the Office on 02 6296 1357  
Please pay the workshop fee \$100– to confirm your booking.  
M/C, visa & Amex are welcome.  
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