

Tai Chi workshops for 2014 - Starting on March 8th - 9th in Bristol

These workshops are designed so that students can benefit from the empowering and authentic knowledge contained in Taiji without having to learn a new form; one of the features of Taiji 37 is that it activates the internal energy system, thus imparting meaningful internal content to any style of Taiji. This means better results through increased efficiency in terms of achieving more rapid changes towards greater health & fitness for less time and effort.

A modest and regular practice of Tai Chi can:-

- Reduce the stresses of modern life and help to achieve peace of mind.
- Improve body posture & awareness, refining both the grace and efficiency of movement
- Combine body work, mind, (concentration) and breathing to enable the conscious movement of Qi
- Be enjoyable and can safely be performed by almost everyone.
- Develop understanding of Yin/Yang philosophy, which underlies Acupuncture, Calligraphy, Martial Arts and Cooking.
- Function as a gentle form of restorative exercise for us as we grow older.

With its focus on the Yin/Yang practice and philosophy which Taiji derives from, it will benefit, empower and inspire both those wishing to begin Tai Chi practice and established students

As some of you may know, I studied with Dr. Shen Hongxun for many years. Dr Shen possessed an unsurpassed wealth and depth of Taiji knowledge and has left a legacy of great value in the Taiji 37 system. I genuinely believe that the knowledge and content of Taiji 37 is the most authentic, empowering, intelligent, elegant and technically cohesive manifestation of Tai Chi principles, techniques and practice that I have ever come across. The internal content and function of Taiji 37 has transformed not only the Tai Chi, but the lives of many students, so through these workshops I wish to share and pass on some of his teachings so that they may bring such benefits to others.

I therefore invite you to participate in, benefit from and enjoy it.

Paul Brewer

Dates: 8-9 March, 28-29 June, 27-28 September, 22-23 November

Cost: Full weekend: £95; Day: £50; Half Day: £25

Workshop details here <<http://www.bristoltaichi.co.uk/workshops/>>

Further info here <<http://www.bristoltaichi.co.uk/>>

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or Karen, local contact, at taijiworks@phoncoop.coop or 0117 9424167.

Please feel free to forward this information to those you think may be interested.