

TAICHI CLASSES

With Kate Curtis Acupuncturist and healer, Taichi and chigong instructor.

DURING THESE CLASSES YOU WILL LEARN WAYS TO -

- *OPEN YOUR HEART and experience the deeper aspects of your being.*
- *SLOW OR REVERSE THE DEGENERATION OF AGEING.*
- *REDUCE STRESS, and ANXIETY.*
- *PREVENT AND HEAL ILLNESS AND INJURIES*
- *INCREASE CORE ENERGY*

*VENUE : THE NOVARA CENTRE
11 BRENNAN'S TCE
STRAND ROAD (Bray Seafront)
BRAY ,CO.WICKLOW*

*For enrolment or enquiries phone Kate 087 2325383 or
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TAICHI and CHIGONG

TAICHI

Taichi means Yin Yang 'balance of all things' and is an ancient Chinese system of movements based upon the development of the life-force energy within the body. It is practiced in series of very slow and smooth movements which incorporate the principles of chigong. Taichi is considered a martial art when used in the faster moving form.

Both taichi and chigong work with muscles differently than aerobic and vigorous stretching exercise programs. The feeling of strength of being 'pumped' up obtained in Western exercises is due to muscular contraction and this kind of 'contraction' prevents the free flow of chi. In Internal Arts such as chigong and taichi the feeling of strength is considered inappropriate. The goal is to achieve relaxed power. Relaxed power comes when the muscles rather than fighting and straining to do something just loosen and open up and allow the energy to flow through.

CHIGONG

Chigong means 'energy work' and is the basis behind the power of the Chinese Martial Arts including Kung Fu and the more subtle form of Taichi. The practice of Chigong develops chi and internal power. It is the practice of learning to control the movement of the life force energy (chi) internally using the mind to direct the energy within the body. The mind has the ability to direct Chi. It will be possible to feel your central nervous

system which is the intermediary between thought and chi. By practicing chigong it is possible to feel the nerves and this ability increases in time. Chigong develops the ability to go inside the body with your mind and feel what is there and direct the chi where it needs to go.

BENEFITS of Taichi and Chigong:

The benefit of Taichi and Chigong lies in the relief of and prevention of chronic health problems. The range of maladies helped include - CANCER, INTERNAL ORGAN PROBLEMS, POOR CIRCULATION, NERVE PAIN, BACKPAIN, JOINT PROBLEMS AND GENERAL PHYSICAL DISEASE.

It is practiced by millions of people and has proven to make the old younger and release stress and improve sexual energy. It frees up trapped emotions, heals body cells, energises bone marrow, strengthens tendons, makes muscle tissue more elastic, and joints become flexible. Strengthens the immune system and blood is circulated without strain on the heart.