Taiji Ruler & Ball Qigong

An excellent intro to Taiji & Qigong

Whether you are a seasoned practitioner or just beginning, you will gain greater insight into how to unify your mind, body and Qi (energy).

These simple movements help tone and condition the body, enhance and cultivate your subtle energy and show you how to truly move in a “taiji” manner.

While the Instructor, Paul, recommends both practices, “the Ruler is easier for a beginner and more portable, while practicing the Ball gives you a more intense Qigong experience.”

This practice will:

- Open the energy pathways of the body
- Expand “Guardian Qi” (improve immunity)
- Tone & strengthen the body
- Teach you how to move & express power (fa jing)

Taiji Ruler/Stick & Ball Qigong

Taiji Ruler is a rare practice using a specially designed wooden implement to increase focus, awareness and proper body alignment. These simple exercises help to open the energy systems within the body, increasing vitality and creating a sense of tranquility.

Taiji Ball training used to be common practice in both external and internal martial arts. With continued practice, your physical body will become stronger and more flexible, which relieves many health issues, especially back pain.

Taiji Rulers and Wooden Taiji Balls are available for sale but not required. Alternate implements will be available for use. See Paul Blake for details or ask for Diana at the Front Desk.

No Experience Required

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Register by April 25th for Early Bird Savings!