

No Experience Required

Tai Chi/Qigong Workshop Series

Tuesday Evenings, 8 - 9:15 pm

with Instructor Paul Blake



1 Tai Chi Ball/Ruler Qigong to welcome Spring.

Feb. 13 & 20

Through the correct breathing techniques in Tai Chi Ball/Ruler Qigong practice, you will not only be able to improve the efficiency of your oxygen and carbon dioxide's exchange, but you will also be able to build up an abundant level of qi (chi or energy) at the lower dan tian which is your "energy center" located in your lower belly. Creating energy in the dan tian assists in detoxing the body after Winter and will prepare it for the Spring. This workshop will help you understand the cycle of the seasons and their effects on the body.

2 Sung - Learn to Relax!

Feb. 27 & Mar. 6

If you really understand what "relax" means, then you have pretty much mastered the essence of Tai Chi and sung. Relax means to soften the tendons and blood vessels of the whole body. You cannot permit even a little tension. This workshop will teach you techniques to relax deeply into your body's structure and find out why this process allows Tai Chi to be so powerful. Everybody can benefit by letting go, relaxing, becoming like flowing water instead of rigid ice.

3 Understanding Borrowing Jin

Mar. 13 & 20

This workshop will teach you the concept of "borrowing jin" (aka force), using your opponents force against him so he does all of the work.

4 Coiling Silk Qigong

Mar. 27 & Apr. 3

Coiling Silk is a set of Qigong exercises used to dissolve energy knots in the body. Rather than using one single limb, the motions use the whole body. Coiling silk, sometimes called Silk Reeling, gets its name from the idea of the steady and consistent slow pulling on a single thread within a silk-worm cocoon. If you pull too fast, it breaks. If you go slowly and allow it to unravel smoothly and gently, with constant movement and intention, it will not break. Like the unraveling of the center axis of the cocoon, the exercises work to unravel knots in the body.

5 Dundee Park ~ Andover, MA 01810 ~ www.YangsAndover.com



Register for one or more!



- 1. Tai Chi Ball/Ruler Qigong
- 2. Sung
- 3. Understanding Borrowing Jin
- 4. Coiling Qigong

Per Workshop		All 4 workshops	
3 days before	Reg.	By 2/10	Reg.
<input type="checkbox"/> \$35	<input type="checkbox"/> \$45	<input type="checkbox"/> \$125	<input type="checkbox"/> \$160

Min. 8 enrolled in each workshop for workshop to be offered.
Please pre-register to help us determine if workshop will be held.

Name: _____ Phone: (____) _____

