

The Art of Tai Chi Flow

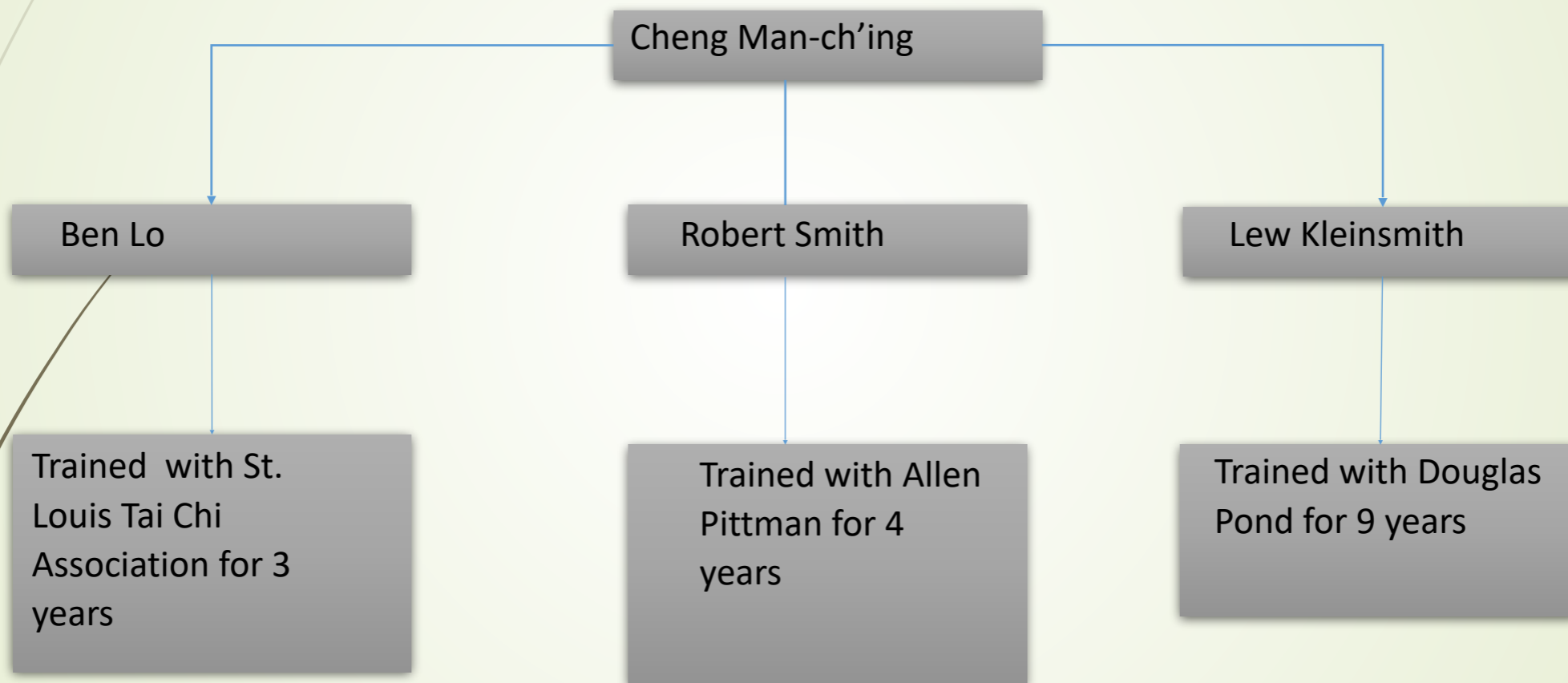


Flow = Optimum Experience





Traditional Training In Yang T'ai Chi Ch'uan – Professor Cheng Man-ch'ing founder



Experiencing Flow in Tai Chi

- Feeling Alive, Fully Present
- Forgetful of self
- Inner chatter slows and stops
- Time awareness suspended
- release of tension and tightness
- Profound wellbeing



Training Team Bio's



David Lehman, IIQTC Tai Chi Easy™ Senior Trainer, My love for learning and experiencing Tai Chi began some 30 years ago. Originally drawn to the martial arts, I had the good fortune of meeting and training with several masters in the art. As training progressed, it became clear to me that Tai Chi is way more than just a martial art. In 2010 I completed the IIQTC 200 hour teacher program. In all my classes I look to meet people compassionately where they are. I focus on leading people to experience the Tai Chi and Qigong principles in an ever deeper way to live and be nourished by the flow. I enjoy a diverse teaching practice informed by the Integral method at the VA Castle Point, Samadhi Recovery Center, Dutchess Community College, Omega Institute, Community TCE and traditional Taiji Quan classes throughout the Hudson Valley NY and private lessons/workshops as requested



Vince Sauter has been studying Qigong and Tai Chi since 1997 at various local classes. He is now a Senior Trainer with the Institute of Integral Qigong and Tai Chi. In 2013 Vince started teaching Qigong and Tai Chi classes locally and soon after was hired by the Omega Institute in Rhinebeck, NY. Since that time, Vince has continued to practice and study to expand his knowledge and provide a powerful learning experience for his students. Among his certifications are the following:

Senior Trainer with Institute of Integral Qigong and Tai Chi.
Level One Instructor White Tiger 5 Element Qigong.
Certified in *The Fundamentals of Rehabilitative Qigong and Tai Chi Level one.*
Certified Qigong Healer.
Certified as a *Tai Chi Qigong Shibashi Instructor.*



The Art of Tai Chi Flow Modules

1. The Human Experience of Flow - Tai Chi Opening
2. Road Map of Tai Chi of Flow - Ward off Left and Right
3. The Flow Diagram - Tai Chi Pole - Role Back, Press, and Push
4. Relax (Sung) - Single Whip, Close Yang I
5. Separate Yin and Yang - Close Yang II, Lifting Hands, Shoulder Strike, Crane Spreads Wings
6. Move the Body as One - Brush Knee, Play Guitar, Brush Knee
7. Clear and Tranquil Mind - Deflect Downward Parry and Punch
8. Prince Wen-hui's Cook Ting - Withdraw and Push
9. Staying in the Flow - Ways to Play - Apparent Close, Close Yang III
10. Tai Chi Flow and the TAO - Review and final group form