

# The Art of Tai Chi Flow Workshop

Are you drawn to Tai Chi or other Mind-Body practices?

Many find their initial experience of these practices truly transformative and inspiring. From your initial experience, you may have eagerly sought out classes - but then something happened - and you found yourself losing interest. You may have felt those new classes were just too confusing, caused you stress or conversely, you found them boring and lacking in any meaningful challenge. Often when Tai Chi is discussed it is in the context of how practicing can support extraordinary health and wellness benefits. The multitude of health benefits are a cause for celebration, but there is more, or perhaps it can be said there is a different perspective of why you would want to practice.

The “more” could be how you find a way to access the flow state in your Tai Chi practice. When in the flow you are totally engaged in what is happening. You are deeply immersed in the present moment experience. Without seeking and much to your delight, you find yourself experiencing happiness and joy. This workshop is for everyone who, having started to practice Tai Chi or other mind-body practices, are asking themselves how they might continue to grow and deepen the experience of flow.

## The Art of Tai Chi Flow Workshop

*Offered in Three Sessions - Live online via Zoom*

**Saturday, October 1**

Noon – 4pm ET

**Saturday, October 8**

Noon – 3pm ET

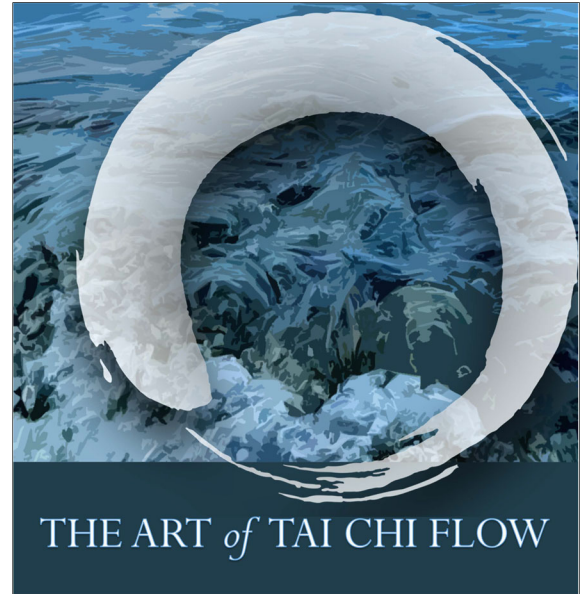
**Saturday, October 15**

Noon – 3pm ET

***Investment for this transformative,  
10-hour transformative workshop is \$197***

Register at:

[www.HealerWithinFoundation.org/TCFlow](http://www.HealerWithinFoundation.org/TCFlow)



Join Institute of Integral Qigong & Tai Chi (IIQTC) Senior Trainer, David Lehman, as you learn to develop and experience your own Tai Chi flow path.

David has spent a lifetime (so you don't have to) passionately exploring Tai Chi as both a martial art and a profound moving meditation and healing practice. This on-line virtual workshop will be conducted over three weeks to allow your own powerful experiences of flow to emerge. The heart of the program is understanding *how* to practice and *stay* in Tai Chi flow. Upon completion of the workshop you will have learned to:

- Experience flow while practicing Tai Chi
- Understand how to cultivate the flow experience through Tai Chi for a lifetime

