

The Art of Tai Chi Flow



WELCOME

The Definition of FLOW

**FLOW = Optimal Experience
In the Zone
Non-action
Action of non-action
Effortless action
Wu Wei
FLOW**



Experiencing FLOW in Tai Chi

- **JOY**

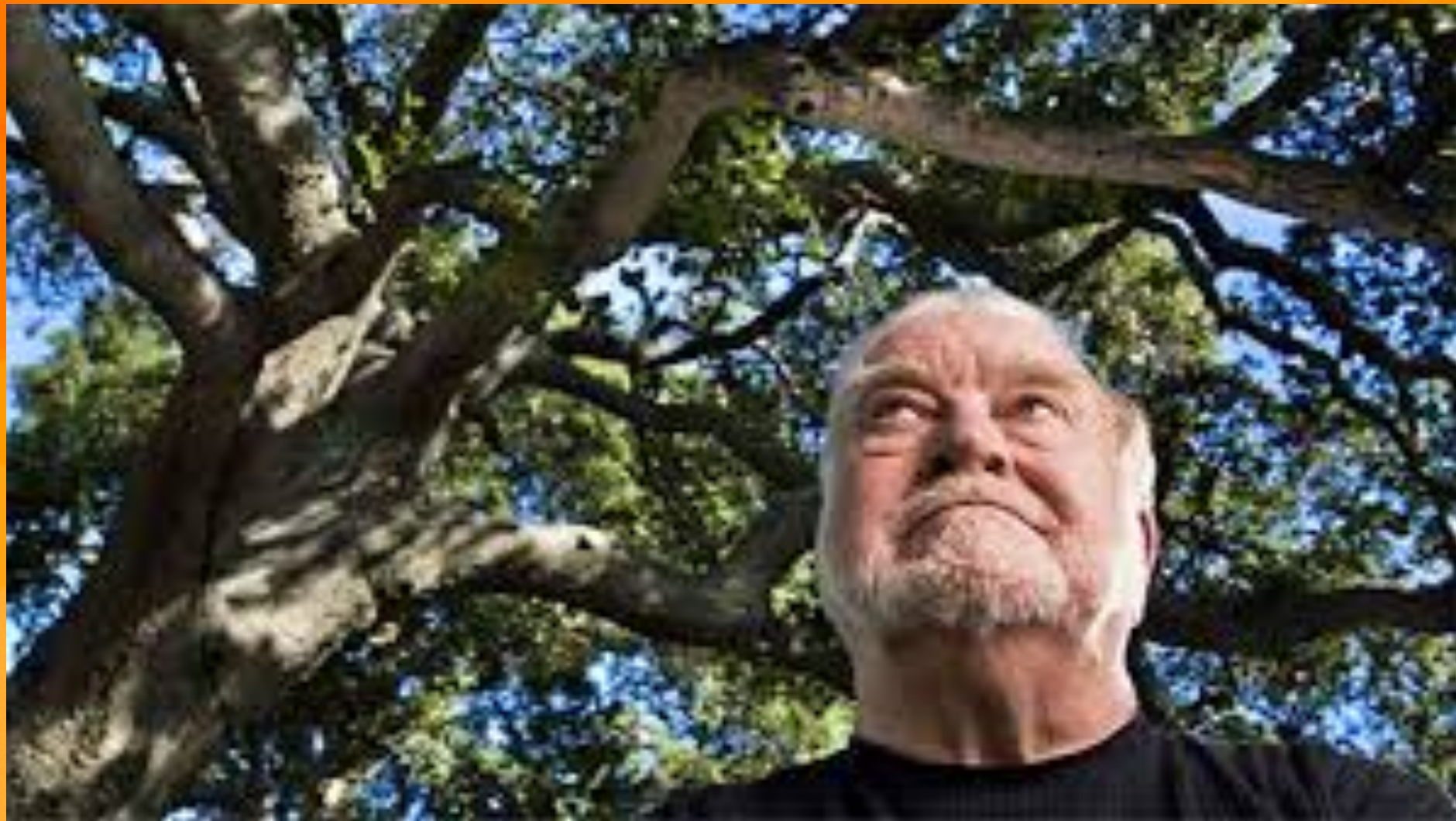
- Forgetful of self
- Inner chatter slows and stops
- Deep relaxation, open and spacious inside

- Feeling the change of substantial and insubstantial - like a moving internal ocean
- Feeling the body opening and closing
- Feeling a pulse moving from the ground through your body
- Feeling connected, body, mind, spirit
- Feeling.....



How to FLOW

- M. Csikszentmihalyi
Psychologist and pioneer flow researcher
1934 - 2021



Conditions for Flow

- Passionate and drawn to the activity
- Clear objective
- Continuous feedback - IN TAI CHI FEELING, SENSING, BEING AWARE
- Challenge and skill are balanced
- Highly developed present moment focus

FLOW - the psychology of optimal experience by Mihaly Csikszentmihalyi - Harper Perennial 1990