

The Art of Tai Chi Flow

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 and 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” can 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. The Flow State is for everyone who, having started to practice Tai Chi or other mind body practices are asking themselves how can I continue to grow and deepen my experience of Flow.

Workshops can be configured with flexibility to meet a variety of specific community needs. In all workshops a clear road map of what the Flow state is and how to experience it will be shared. Taiji forms will match the workshop community needs ranging from beginners to more advanced practitioners of Taiji.



See you there!

Dave