

Ba Gua Chi Kung (Qigong)

Less widely known than the Ba Gua Palm Changes, the 8 Animal Ba Gua Chi Kungs (are designed to provide internal style martial artists a level of strength, conditioning, and flexibility (with the tendons, ligaments and bones as well as with the muscles) commensurate with the demands of high level internal practice.

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Iron Shirt Chi Kung

This ancient practice entails a short series of stationary postures designed to instill good habits re: integrated structure and rooting, and to build and maintain the *Wei Chi* function (as the body's first line of defense against illness & injury) for a strong immune system.

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Tai Chi - Applied Principles

Once the principles of structure and rooting have been introduced in a stationary format the challenge is to then apply them effectively in a dynamic fashion, in one's actual practice of the Tai Chi form. The particular form in question is of no consequence as the applied principles are themselves universal. Open to all styles.

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Rainy Day Tai Chi

This fascinating practice will do for your Tai Chi what mere practice of the Form cannot. Tai Chi is, if anything, about being *free* and *unstuck*. Rainy Day introduces bilateral variations on excerpts from the form, again regardless of style. Anybody can engage in Rainy Day practice according to their ability, and with practice your ability will improve.

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Tai Chi Sword

The traditional Yang Style Sword form is a beautiful set. Ideally one's sword (Gim) should be as a fifth limb. We will be covering one half of this form. Students may bring their own sword, or purchase a spring steel Gim at the seminar.

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Hanna Somatics

Somatics is every Tai Chi'er's best friend. Deliberate methodical movement patterns facilitate the release of chronic muscular tonus (known in Somatics as sensorimotor amnesia, or SMA), allowing for increases in range of motion and often dramatic improvements in neuromuscular intelligence and proprioceptive literacy. The patterns taught will be specially geared toward Tai Chi'ers.

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Registration for these events will be limited. Get yourself signed up today.