

THE VISION...

*Know that every spiritual experience
Is invariably felt in the body –
the bliss, the ecstasy, the joy, the freedom,
the trust, the faith. All that takes
place in your evolving consciousness is
invariably mirrored in the body.*
- Gurudev



The Tai Chi Farm, N.Y.



TAI CHI RETREATS



With Master T.T. Liang



With Dr. Yang Jwing-Ming



Five Oaks, Paris, Ont.



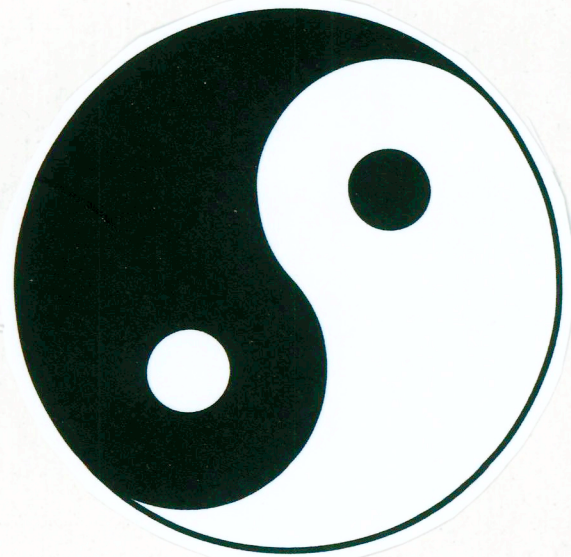
Making Ourselves Healthy



Port Burwell



Making Ourselves Strong



With Qigong Master Guo Yi – 1996



*Wonders never cease
As long as we never cease
to wonder ...*