

Weoley Hill Village Hall - Weoley Hill, Bournville.

Cheng Man Ching - the legacy
44th Anniversary of
the death of
Prof. Cheng Man Ching

Breathing Life into your TAI CHI Sat 3rd & Sun 4th August 2019

Breath is the bridge which connects life to consciousness, which unites your body to your thoughts.

Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again.

Thich Nhat Hanh, Zen Master

太極拳

Saturday

9.30 - 12.30pm Breath, intention and expansion -breathing life into your form
12.30 - 1.30pm Lunch
1.30 - 4.00pm Heavens Breath Qigong (chi-kung)

Sunday

9.30 - 12.30pm Martial Application without effort -sensitivity training, Sung (natural buoyancy)
12.30 - 1.30pm Lunch
1.30 - 4.00pm Feel & Flow - looking at swing & return on the form.
From the ground up - developing a natural root & balance

This years focus will be on **Breathing Life into you Tai Chi** as this is often requested across the classes; understanding correct form movement to truly apply form and function. We will work on not just the shape of the postures but the underlying function. We will look at the tai chi classics and apply them to whole body movement, intrinsic strength, kinetic and potential energy, spatial awareness, agility and mindfulness. The weekend is open to all levels and will give everyone a chance to deepen their knowledge and love for the art of tai chi chuan

Price for the weekend: £40 per day (members) £60 per day (non-members)

Please note, if you only want to attend the **'Heavens Breath Qigong'** session it is £30 members and £40 non-members



Please give payment to your instructor. Cheques payable to 'Kai Ming Tai Chi'
or post to:

Mark Peters - 3 Middleton Hall Road, Kings Norton, Birmingham. B30 1AB. tel: 0121 251 6172 • markpeters@kaiming.co.uk

Name: _____ No. of places _____

Day(s) attending _____ deposit/full payment paid _____

Address: _____

e-mail _____ Tel: _____