

T'AI CHI CHIH

with Chris Worcester
Accredited in T'ai Chi Chih & Seijaku



T'ai Chi Chih is a form of moving meditation based on the Chinese philosophy of promoting vitality, inner peace, serenity, joy, balance and health, performed in a series of twenty simple non-strenuous movements that relax the body and refresh the mind.

The form is easy to learn and the benefits are experienced soon after beginning the practice. The movements can be performed by anyone, regardless of age, or physical condition, wherever there is enough space to stand and take one step in any direction.

"Give yourself to T'ai Chi Chih for thirty minutes each day. Practice regularly. The Chinese say: "You cannot appease the hunger by reading the menu!" It is only through practice that you get rich rewards. It is my feeling that the circulation of the 'CHI' is one of life's great secrets. So, master the simple movements and practice them regularly. Good luck!"

by Justin F. Stone, The Originator

Monday Evenings from 5:30 to 6:30 pm

Location:

For Goodness Sake

10157 Donner Pass Road

Downtown Truckee

530-550-8981

