

Canadian Institute of Tai Chi

Tai Chi Workshop

Max 12 People

Sunday January 27th

- 11:30am-2:30pm
Qi gong/Song gong/Tai Chi
- 3-6pm Tai Chi applications and
Pushing/sensing hands

11:30am-2:30pm

1. In the song gong portion we will be exploring in depth the exercises that are designed to help change the body.

These are fundamental to all Tai Chi practice both solo and partnered. We must become Tai Chi. In order to achieve this we can no longer be what we were. We must develop the Tai Chi body and mind; with us at all times.

2. The Qi gong portion will look into a more refined energy process. After ample time preparing the body and mind with the song gong the qi gong will be far easier to explore.

Time will be spent tuning into the feeling

Location

St. James Community Square
Room #120
3214 West 10th Ave
Vancouver BC V6K 2L2

Other info

Please bring snacks and plenty of water for yourself as the nearest establishments are several blocks way. There will be a 30min break between 2:30 and 3pm. Shorter breaks will be provided during the course of each workshop to give you a chance to rest.

3pm-6pm Applications

This is the other half of Tai Chi, teaching us to bring a relaxed and centered disposition into a more dynamic and pressurized setting. The tool of Push/sensing hands and applications training gives us priceless feedback on how to progress further in our solo practice.

Its easy to deceive ourselves when we are our only source of feedback, which is why this leg of the training is such a powerful tool.

1. Grounding; the ability to redirect force down to the ground is a fundamental skill in Tai Chi and will be explored.

2. Sensitivity training through various push hands sets. We learn to bring our awareness beyond ourselves to incorporate our training partner.

3. The 88 sparring routine will be drawn from to explore different qualities, flow training and techniques.

Fees

11:30am-2:30pm \$90

3pm-6pm \$90

Full day \$180

To register please send an e-transfer to
Nathan Szredni
at
canadian.institute.of.tai.chi@gmail.com

Future workshop dates

Sunday Feb 24th

Sunday March 31st

Sunday April 28th