



TAI CHI & CH'I-KUNG SCHULE
GISA ANDERS

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„A long journey starts with the first step“

***„TAICHI - SUMMER in Albergo Le Terme 04.08.24-18.08.24
Bagno Vignoni/Toskana, www.albergoleterme.it***



„Supple like a child, healthy like a lumberjack and peaceful like a wise man“ (Classic. TCC text)

Original Yang Style Tai Chi Chuan is an internal Chinese martial art practised for both its defense training and its health benefits. TCC is often described as „meditation in motion, but it might well be called „medication in motion“ It is typically practised for a variety of different reasons: especially soft martial technique and longevity. Today Tai Chi Chuan has spread worldwide. Medical research has found evidence that TCC is helpful for improving stress-reduction, body-mind-balance, relaxation and concentration. Although TCC is slow and gentle it doesn't leave you breathless, it addresses the key components to fitness:

Muscle strength, Flexibility, Balance and Aerobic conditioning

During the course the students first get in contact with the so-called taoistic health movements and Ch'i-gong, movements which are primarily focussed on relaxation. This body-mind-works already shows the principles of TCC: body straight, the knees bend, arms soft and the shoulders relaxed. These positions permit the flow of Ch'i (vital life energy or breath). After that the students will learn the TCC-Form, endless soft movements which brings flexibility and concentration. Ch'i-tests and martial art techniques are parts of the lessons. DVD's are available for practising at home.

Time: vom 12. 08.24 – 24.08.24

Lessons from Monday up to Saturday: 9:00-10:00 and 18.00-19.00

Place: Albergo Le Terme (in the nearby park)

Course fee: € 210,00/for one week , (Overnight stay € 90/night),

Coourse fee for 2 weeks : € 380,00 (Overnight stay € 80/night)

Enrolement: 14 days before the course starts

Further information about the course: gisa.anders1@gmail.com , for the Hotel: info@albergoleterme.it