



TAI CHI & CH'I-KUNG SCHULE
GISA ANDERS

Hochwaldstr. 45a, 61231 Bad Nauheim
Telefon 06032 – 307 61 63
Telefax 06032 – 307 60 48
E-Mail gisa_anders@arcor.de
www.taichi-frankfurt-badnauheim.de



„A long journey starts with the first step“

„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 „meditation 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 .

For further informations and enrolment please contact Gisa Anders

06032-3076163 or gisa_anders@arcor.de

Holiday classes at special powerful places:

Bagno Vignoni, Tuscany: 17.05.20-24.05.20 (pls ask for the programme.)

Spiritual journey to Nepal 07.08.2020-21.08.2020) (pls ask for the programme)

Taichi for parents and children:Trafoi, South Tirol: 04.10.20-11.10.20 www.bella-vista.it