

BALANCING THE MARTIAL AND CIVIL

Push Hands and the Literary Tradition of Tai Chi Chuan

a Tai Chi training intensive with Christopher Kiely

at Open Sky Studio in Bristol, VT

Friday March 17th -- 6:00-8:00pm

Saturday March 18th -- 4:00-8:00pm

Sunday March 19th -- 4:00-8:00pm

\$160 for whole workshop

*payment due at the first class
pre-registration requested*

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802-349-2725



This workshop is offered to help clarify and fortify the single thread that runs deep through Tai Chi Chuan and connects form practice to theory study, to push hands training, to the art of personal cultivation and ultimately to the great work of restoring and maintaining peace and balance in the world. These classes will offer ample opportunity for exploring, celebrating and effectively utilizing the fertile relationship between the physical practice of Tai Chi boxing as a martial art and the contemplative practice of Tai Chi principle as a healing art. One need only have a general familiarity with slowset, push hands and “the principles” to participate.

“Tai Chi Chuan differs from other physical exercises in the characteristic way that it combines vigor and tranquility. It brings people to health by arousing their interest in its inexhaustible principles and then inspiring them to practice so that they can better understand and utilize those principles. In other words, Tai Chi Chuan is not just an exercise for the body. It is a system of philosophy that teaches the art of self-cultivation.”

- Master Tung Kaiying from “Learning Tai Chi Chuan”