



Tai Ji Quan

taster course
Version: 1.0, 01/01/2007



ELASTIC LIKE A CHILD, HEALTHY LIKE A LUMBERJACK, CALM LIKE A SERENE, BUT HOW ?

Buyers

- * desk bound workers
- * health-conscious people
- * fighter
- * sense seekers
- * health campaigner
- * flow hungry people

Feature

- * name and meaning
- * the qi system
- * warming up practices
- * poise of body
- * twist step
- * wave hands like clouds

Problem

- * stress
- * bad posture hardening
- * deficiency in concentration
- * missing balance

Solution

- * **loosen qi blockades** make musculoskeletal system continuously
- * **free the mind** brain waves will have a different pattern - flow

Basis

- * Taoism
- * TCM
- * martial arts

Method

- * **Yang Stile** by Yang Lu Chan
- * energy principles
- * personation

ROI

- * **1 Years** with daily parctice

Usefulness

- * **unity** of body and mind

Product specifications

- * 3 units at 1.5 hours
- * ca 15 attendees

Price

- * on appointment

`QUITE SOFT WATER, BY ATTRITION OVER THE YEARS WILL GRIND STRONG ROCKS AWAY. IN OTHER WORDS, THAT HARDNESS MUST LOSE THE DAY.!



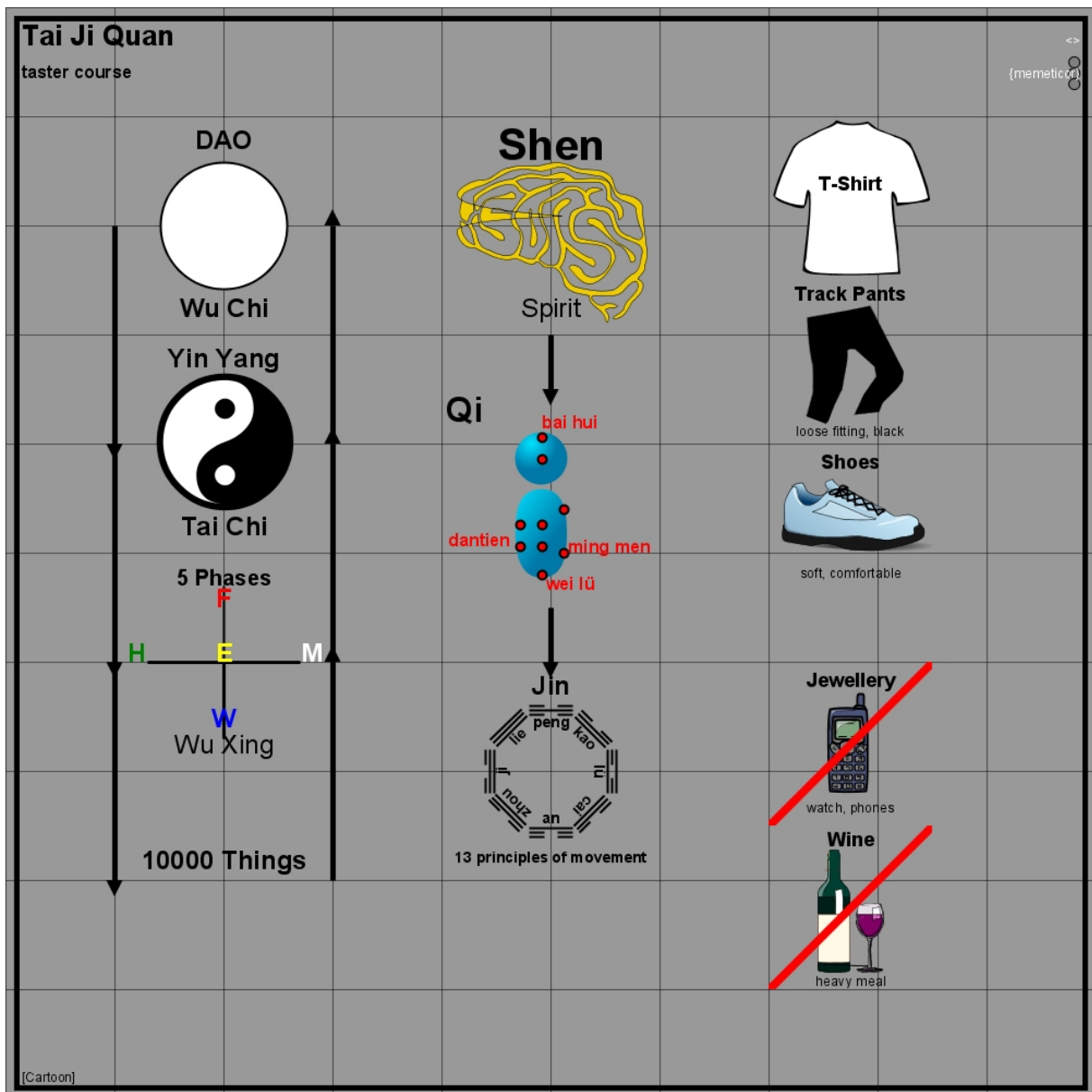
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to bring along: 1) loose fitting clothes (white t-shirt, dark track pants, soft indoor trainers, maybe a towel). 2) suitable constitution - physical fit (empty stomach, do not eat and drink too much shortly before) and healthy (if you have fever go to bed!) - mentally ready (come in time and change clothes, disrobe watches and jewellery, strip everyday life, be open minded) - psychic stable (solve acute problems before, do not bottle things up)



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