Esalen®

TAI CHI CHUAN:
FOUR DIMENSIONS OF PURPOSE

JANUARY 29-31, 2010
with Michael Mayer, www.bodymindhealing.com

Tai Chi Chuan stems from an ancient lineage of postural initiation that includes four dimensions of purpose: self-healing, spiritual unfoldment, self-defense, and changing your life stance. Michael Mayer's perspective on Tai Chi Chuan is based on research, imaginal mytho-poetic exploration, and thirty years of practice from Tai Chi Masters, and will be applied to the Yang style Tai Chi set during this workshop:

For Beginners, advanced practitioners, and Tai Chi teachers

You'll be shown how to:

- Broaden and deepen your view of Tai Chi's purpose.
- Cultivate Tai Chi's unique ability to revitalize and relax as you practice specific self-healing movements for your lifetime preventative medicine program.
- Learn how Standing Meditation Qigong is a spiritual foundation practice for Tai Chi that adds an energetic component that can be transferred to your sitting meditation and yoga practice.
- Tap into Tai Chi's essence to evoke deep states of equanimity
- Discover how Tai Chi two-person self-development practices. ("pushing hands") are initiatory pathways into enhancing your stance with others and embodying the elements of life.
- Make Tai Chi come alive with Tai Chi Dance, as you find the primordial animal forms of Qigong hidden in Tai Chi movements.

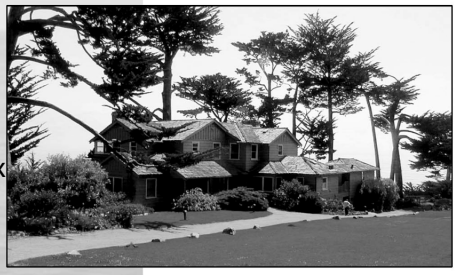
Recommended Books: *Secrets to Living Younger Longer: The Self-Healing Path of Qigong Standing Meditation & Tai Chi*, **DVD**: *Bodymind Healing Qigong*.

** CEUs Available **

Register on the web or call 831 667 3005

For additional information please contact info@esalen.org

Esalen Institute, founded in 1962, has long been recognized as a world leader in alternative and experiential education. The institute is dedicated to exploring work in the humanities and sciences that furthers the full realization of the human potential.



Dramatically situated on the Big Sur cliffs, Esalen is equally renowned for its transformational seminars and trainings, and its natural healing hot springs.