

TAO MOTION

SWORD OF CLARITY

WORKSHOP

11 FEB 2012 1-4PM

OPAWA, ZENDO, BUDDHIST CENTRE

TAIJI SWORD AND MEDITATION



Hold a Taiji (Tai Chi) sword in your hand and learn to take clear steps and do powerful cuts. The exercises and still meditations will provide the ideal space to center deeply in our self and connect us with our internal power.



with Gabrielle

For those of you who feel the solo Taiji (Tai Chi) form is too slow, Taiji sword is an ideal start to experience energy flow in the body.

The graceful movements are adapted from flowing water. Learn to move the sword from your "Center" (in your lower abdomen) all the way to the tip of the sword without losing contact to the soles of your feet. Use the sword to dissolve blockages, which stop us to live really our full potential.

Limited spaces, in case you like to join enroll early. A sword is provided.



Senior Instructor of the
Universal Healing Tao

TUITION: \$60

(\$45 community cardholders)

Confirmation fee \$15 (non refundable, but transferable to someone else). Please transfer into Tao Motion Bank account (Kiwi Bank 38 9006 0298478 00) or pay by cheque.

Email: tao@taomotion.com or phone 027 2251646

More info: www.taomotion.com

Tao Motion, 92b, Randolph St, Chch