INNER WAY TAI CHI SCHOOL
TAI CHI HALL in Sharnga
Presents
THE ART OF CHI - Stevanovitch's method

TAI CHI CHUAN WORKSHOP
18 October to 23 October, 2021

From Monday to Saturday, 7.30 AM – 10.30 AM
Beginners, chi and tai chi basics, approaching the 24-posture form

Taught by Krishna, the workshop is essentially directed towards:
Mastery of the body through breathing and muscular relaxation;
Improvement of movement through balance and coordination;
Learning to mobilize Chi. First perceiving it, then guiding it in one’s body
with the use of three factors: will, imagination and muscular activity.

Information and booking: taichi@auroville.org.in
website: taichi.auroville.org, www.artduchi.com