

# Cork Open Centre

[www.TaiChiCork.com](http://www.TaiChiCork.com)

*There Are No Secrets*



## *Taoist Breathing and Meditation*

The **Cork Open Centre** offers various **Taoist exercises** for internal well being. **Taoist meditation** and **Chi Kung** enhance the life-force (Chi) and thus strengthen the body's immune system. **Chi Kung** is the most powerful **Taoist esoteric exercise** for toning muscles and creating internal power. The purpose for practicing **Taoist visualization meditation** is to open the governor and conception channels called the microcosmic orbit.

### **The Instructor – Detlef Decker**

I had the privilege of studying Tai Chi Chuan under the guidance of two renowned Grand Masters in New York City, **Grand Master Don Ahn** and **Grand Master Yu, Cheng Hsiang**, both students of the legendary late **Professor Cheng, Man-ch'ing**.

**Contact:** Detlef Decker  
**Phone:** (085) 764 2423  
**Email:** [aikidecker@gmail.com](mailto:aikidecker@gmail.com)  
**Web:** [www.TaiChiCork.com](http://www.TaiChiCork.com)