



AIKIDO CORK OPEN CENTRE

# T'ai Chi Ch'uan

## Meditation in Action, Action in Meditation



The legendary late Professor Cheng Man-Ch'ing

### What is T'ai Chi Ch'uan?

T'ai Chi Ch'uan is an ancient art that uses gentle, flowing movements to reduce stress and increase strength. Tai Chi is a potent exercise for health and self defense. Regular practice improves muscular strength, flexibility, and overall fitness. Through the art of Tai Chi you may discover and experience a level of inner balance and awareness seldom achieved otherwise.

### T'ai Chi Ch'uan at the Cork Open Center

JOIN US and experience the flow of energy through balance and intent. Each session will focus on Tai Chi - its principles and supporting practices. Chi Kung and breath awareness will bring you into the present. Body consciousness will keep you aware and healthy. Regular practice of the Tai Chi form will allow you to experience the "POWER OF NOW" and will give you the awareness that "WHEREVER YOU GO, THERE YOU ARE."

#### [Cork Open Centre](#)

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