Tai-Chi-Chuan: forms and « push-hands »

August 31 - September 5, 2017

**Workshop from 31 August until 5 September 2017 taught by Alex Dong**

**Arrival of the group: Thursday 31 August 2017 between 4pm et 7pm**

**Departure of the group: Tuesday 5 September, after breakfast (10pm)**

**Start of the workshop: Thursday 31 August 2017, 5pm**

**End of the workshop: Monday 4 August, 7pm**

**Presentation:**

Tai-Chi-Chuan is an internal martial art that teaches us how to be relaxed while moving. It has been practiced in China for centuries and has become the most popular martial art in the world. As a wellness exercise, its effects are both physical and mental. Its practice improves concentration, coordination, balance and integrates body and mind. Tai-Chi-Chuan can be considered as movement meditation as it cultivates calmness and helps relieve stress. Based on the concept of polarities Yin and Yang and inspired by the forces of nature, Taoist monks developed the discipline of tai-chi in order to reach a state of harmony between human beings and their environment. Tai-Chi-Chuan integrates principles of Chinese medicine, so the chi, or life-energy, may circulate freely through the body bringing well-being, vitality and physical strength.

**Level required:**

Due to its gentle approach Tai-Chi-Chuan can be practiced by everyone, irrespective of age and physical condition.

The workshop is open to all levels of experience, all styles of forms and « push hands »

**Benefits:**

Improves posture, balance, flexibility and coordination, breathing and concentration.

By reducing tension and stress our quality of life is naturally improved.

**Workshop schedule:**

Class: 10am- 12h30am

Break for lunch and free time

Class: 4pm- 6h30pm

**Maximum number of participants:** 35

**Equipment to bring:** comfortable shoes and clothing

Slow set:

*Video link*

Dong family fast set:

*Video Link*

**The teacher:**

Master Alex Dong is a fourth generation Taijiquan Master of the Dong (Tung) family. Born in China, he moved to the USA where he presently lives and teaches in New York. His great grandfather, Grand Master Tung Ying Jie, was the principal disciple of Yang Cheng-Fu and studied also with Li Xiang Yuan who was the disciple of Hao Wei Jing, the founder of the TaiJi Hao style. Alex Dong’s grandfather, Dong Hu Ling, disseminated the art in South-East Asia and the USA. Alex Dong offers seminars worldwide: USA, Canada, Brasil, United Kingdom, Czech Republic, Italy, Greece and Asia. This 2017 workshop in Ardèche will be his first one in France.

**Teaching fee:**

Full workshop: 280 € (320 US $)

Per day: 100 € (115 US $)

Payment in full by 1 July 2017

**The organizer:**

Association émouvement (Eric Ziegler)

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