

A  
Perpetual  
Journal  
of  
T'ai Chi Chih!



# THE VITAL FORCE

The T'ai Chi Chih Created by Justin Stone Is Spreading Around the World!

Volume 2, No. 3

Fall Equinox 1985

## Asilomar a Five-star Event

From the letters and phone calls I've been getting, everyone seems to have gone home from the Asilomar Teachers' Conference sky-high. I know I did. Everyone was swimming in the same direction; there were no discordant notes--only joy and love. When I was asked to lead a Sunday morning Meditation, I was surprised at how receptive the group was, and the cast of forty created some very potent vibes, indeed. The energy and serenity were easily apparent; it was truly "Healing Thru Joy!"

Even the loss of Oonagh's baggage, by the airlines, did not disturb the equanimity, as she proved a good sport and others rushed to contribute the necessary apparel. Steve Ridley, Cathleen, Valerie, Richard Brier, and Corinn took turns leading the group thru the movements, and Teen joined them at one point. I have the feeling that a few rusty teachers got back on the right track.

For all this, Lucy Hocking is to be thanked--it was her idea, and she did all the tiresome chores in making the necessary arrangements. It is obvious that TCC is growing and spreading of itself, and the teachers are to be congratulated for being enthusiastic pioneers. Be sure, teachers, that you keep up your own practice! And thanks to those who came all the way from North Dakota, Oklahoma, Colorado, Arizona, and New Mexico. It is to be hoped that next year we have some foreign representation. Write your experiences to Corinn, and, if you feel you should, make a contribution to the cost of putting out this Vital Force.

Justin Stone  
P.O. Box 7325  
Carmel, CA-93921  
(408) 625-2175

## CHI, That Was Wonderful!

Thank you to all who attended the first TCC Teachers' Conference at Asilomar.

I appreciate all the support I have been given and cannot thank Justin enough for his contribution to all of us--T'ai Chi Chih. It was also an honor to have Steve and Lia Ridley with us. Thank you to all who participated.

We are now forming a committee for next year's 3 days, 2 nights conference. Please contact Lucy or Corinn if you are interested. We must soon reserve a place for next year.

Thank you for returning the evaluations. They were supportive and positive. You can still return your evaluation to Lucy.

A good time was had by all--it was only too short. However, it has revived the interest of many teachers according to my mail and that alone was worth the effort.

Lucy Hocking  
1985 Conference Coordinator  
3122 Fernside Blvd.  
Alameda, CA 94501  
(415) 521-2958

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Donations accepted. If teachers would like extra copies of THE

VITAL FORCE for their students, please send \$1.00 for each copy desired. To subscribe to THE VITAL FORCE, send \$4.00 for one year (4 issues).

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## New TCC Teachers

In July, two new TCC teachers received accreditation in a special teacher training by Steve Ridley in Denver, CO. Congratulations and welcome to:

Christeen McLain-Curran  
1012 16th St. W  
Fargo, ND 58102

Jeanne Carlson-Linscott  
Box 219-A RR-2  
Bemidji, MN 56601

Both are students of Jean Katus of  
Ft. Yates, ND.

When approaching administrators about offering T'ai Chi Chih classes through their facilities (community colleges, city recreation departments, adult ed. programs, YMCA or YWCAs, convalescent hospitals, corporations, and the like) I find that many of the decision-makers are completely unfamiliar with T'ai Chi and its benefits. The following one-page statement is a concise, helpful reference page and introduction to TCC which they can keep. Parts of it can be adapted to a course

description for a brochure or announcement. It is also a good resource when prospective students begin to call the facility for more information about the class.

Also, a statement such as this, along with an 8x10 black-and-white glossy photograph of yourself doing TCC, might easily form the basis of a feature article in a local newspaper, if submitted to the editor of the People or Living Section.

Feel free to use this if you find it helpful.

T'ai Chi Chi is JOY THRU MOVEMENT...a moving meditation. It is a series of 20 simple movements that are joyous and easy to do. The movements are slow, gentle, and can easily be done by anyone, regardless of age or physical condition. They involve no physical contact, but rather emphasize self-awareness, well-being and energy flow.

As a moving meditation, T'ai Chi Chih (TCC) is a gentle, yet very powerful centering experience in which the body also gets to participate. It provides an excellent preparation for Spiritual Mind Treatment work, meditation, yoga, running or any sport.

The circular movements promote health in every part of the body by circulating and balancing the Chi...the Vital Force. When our energies are out of balance we experience disease, distress and disharmony. By centering ourselves and balancing the Chi we experience health, harmony and wholeness in our bodies and in our lives.

People have reported many physical, emotional, mental and spiritual benefits of regular TCC practice...reduced weight, relief from chronic back pain, release of stress, increased endurance, serenity in the midst of activity, increased intuitiveness and creativity, and spiritual attunement among them. The benefits and experiences reported by students are as diversified as the students themselves. Each person seems to receive what he or she needs.

TCC movements require only a few feet of space so they can be done almost anywhere...including by one's desk when feeling tired or up-tight! They have a peaceful yet refreshing effect. Tensions dissolve and are replaced by heightened energy and relaxed awareness.

TCC was originated in 1974 by Justin Stone, a T'ai Chi Ch'uan Master. He found the ancient form of T'ai Chi Ch'uan difficult for students to do, requiring many years of practice to perfect in order to receive the benefits. So he began experimenting with simple movements that could easily be learned by anyone with benefits derived in weeks instead of years. The result was the form he named T'ai Chi Chih which means "Knowledge of Supreme Ultimate" in Chinese.

The 20 movements can easily be learned in two weekend workshops or eight weekly classes. To schedule a class, weekend workshop, or free presentation for your group, contact accredited instructor:

Pamela Towne  
11266 Roanoke Court  
Cypress, CA 90630  
(714)891-2952

I found the weekend at Asilomar to be a calming experience. It was really good to hear from everyone about their T'ai Chi Chih practice. I wish we had had more time to share our experiences. Maybe next year.

Cass Johnson  
333 White Road  
Watsonville, CA 95076

Here is the classified announcement which teacher Colin Clarity recently ran in the Coeur d'Alene (Idaho) Press (under the heading "Education, Instruction").

**TAI CHI CLASSES**  
Forming now. Discover how easy it is to learn 20 graceful movements to develop more powerful inner strength and self-assurance. Ages 9-90.  
Call 773-2243

Colin Clarity  
P.O. Box 1442  
Post Falls, ID 83854  
(208)773-2243

Perhaps you know I worked as Activities Director at Rio Caliente Ranch, APD01-1187 Guadalajara, Jalisco, Mexico last fall. I taught TCC as part of the program to guests at the resort who came from all over the United States and Canada.

I will be at Rio Caliente again in Sept. and Oct. of 1985. The address is in the first paragraph. If you have the opportunity, come to Rio Caliente. We will have a great time; the delicious meals, the wonderfully hot rejuvenating Lithium waters and most of all our Health Renewal Program which includes T'ai Chi Chih.

Theda W. Gillespie  
106 S. 2nd Street  
Medford, OK 73759

## Creating a Positive Teaching Program

As teachers, we have the responsibility to realize that everything we say in class will be absorbed, both positive and negative. These things that we all absorb and store away in our memories, I call our "program". Our individual programs are collections of images, both verbal and visual, which comprise our relationship to something--in this case T'ai Chi Chih.

I feel a positive program is essential to get the students to continue practicing after class, without the teacher. I insist from the beginning that "I am not going to do your T'ai Chi Chih for you." The sooner students seize their moving as truly theirs, the sooner T'ai Chi Chih will be a part of their lives. The moment they acknowledge T'ai Chi movement as theirs, they have begun to create their program.

My message is this: everything you say in class should be a positive image of what T'ai Chi Chih is, of its essence, of posture, of the way we move in TCC, of feeling "Joy thru Movement."

If everything that is said in class is an affirmation of what you do, then the students will have a clear memory of how to move and they will have a positive recall of the class experience.

What I am saying is, "Don't say don't, and never say never." Please notice the effects of using such words as don't, won't, shouldn't, isn't, never, can't, and not. Notice where these words settle with you. When you teach, use words that describe the results you want: "Make the movements soft and continuous," rather than putting across the image that you don't want: "Don't use force; don't jerk or stop and start."

The following is a collection of messages from my own teaching which I have thought about and changed so that the images I present are as positive as possible. Please read through them and listen to the images contained in each. Each message consists of two ways of saying the same thing. Every message you say has an impact on your students. As you read, notice how you feel about the choice of words in each. How would a student react to or remember the instruction?

Make sure you don't bounce.

In TCC we maintain a low stance, staying at one level.

Don't rise up as you shift your weight.

Notice how we maintain this even level as we shift our weight back and forth.

TCC is not a dance.

TCC is a series of movement patterns that we perform in one continuous motion.

Our breathing is not hurried.

Our breathing is natural and gentle.

You won't sweat in TCC, but you will lose weight.

The Chi dries up any excess fluid in our body bringing us to our ideal weight. For some it will add and for others dry up fluids.

You won't feel exhausted, tired or achy.

TCC brings us energy. It is refreshing and rejuvenating.

You don't have a physical here, a mental here, an emotional over here and a spiritual here; you are not separate pieces of sensitivities and a physical body. You don't work in pieces, you work as a whole.

The physical, emotional, mental and spiritual are all connected. Like pearls on a string, you are one whole working being.

## Letters from Teachers (cont.) <sup>3</sup>

I had a class of 14 people in Phoenix, Arizona. It was a one-week intensive and was probably an all-time high! I've never done nor seen another class personally where everyone began moving within the first 15-30 minutes as though they'd done it before. The energy was so complementary; the vibrations were terrific --we all sailed through it and sort of floated at the end quietly out the door. A beautiful ending! Everyone also seemed to enjoy visiting each other as well. I had to really quiet everything down in order to resume class each time as they were the biggest socializers ever. Unusual in a group so large.

I did another class in Seattle, but it was only 6 students. I find summer vacation time is difficult to organize a class here and also in Phoenix. Is that usual?

All best wishes,

Lillian Susumi  
1326 Ave. A West #8  
Bismarck, ND 58501

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What an incredible day! There's no July 4th here in Sweden but the day today is like the "best day of the year", and not just because I received The Vital Force, which is most excellent. It's simply beautiful, like the day!

I am teaching one class in Stockholm, at the Jewish Community Center. No one knows anything about "Chi" in Sweden. A few know about "Jin & Jang" and some of Judo. I could (possibly) have more classes. Next time I'm here I'll know the places to write ahead to set things up.

I'll be home before Summer's over. Maybe in time to see you at the TCC 8/11 teachers meeting. Until whenever, know that I love you and am with you in Chi.

Love,

Art Herman  
Saltsjobaden, Sweden  
Current address:  
5793 Encina Road #103  
Goleta, CA 93117

Cont. on p. 4

## Creating (cont.)

If you are stressed out--relax.

Let the events of the day just drift away as you allow peacefulness to fill that space.

The form doesn't take months to learn or to receive the benefits, you will get them soon.

From the very first moment you begin moving the form will be teaching you. Instantly, your body is learning a new expression, your mind a new discipline, your spirit a new way.

Stop worrying about what comes next.

Give your attention to the movement you are participating in this moment. Trust your inner mind to do the right thing in the coming movements as it is doing in this movement.

Make sure your posture isn't slouched over and that your back isn't crooked.

We maintain a comfortable posture, with a straight spine and our pelvis tucked forward.

Don't pause or break the movement.

Movement is continuous, even, flowing...

No jerks or rigid motions.

One continuous, circular, soft...

This is the last one.

We will have one more on this side, or bring all motion to stillness.

Our hands are not tight and our wrists must stay loose and not stiff.

Allow your hands and wrists to be open and delicate, like the wings of a butterfly.

Don't say Yinggg and Yaaaang.

The correct way to say Yin and Yang is...

The next movements we are going to learn are the Taffys. They are much harder than the other movements but don't worry, you'll get through them.

The next movements are the Taffys. You will find these movements to be a bit sticky at first, so let's have fun with them. (Or if that's too tacky for your taste, how about,) there is a trick to pulling taffy; imagine long strands of sticky stuff that stick to your fingers as you move to the side.

I've worked hard for years to make my movements soft and flowing, so don't worry if you feel awkward at first.

Moving the TCC way is simple if we let our movements be gentle and flowing.

We don't do T'ai Chi, it does us.

Allow the T'ai Chi to do T'ai Chi.

Christeen Niama Rae Sproehnle  
P.O. Box 2477  
Olympic Valley, CA 95730  
(916) 583-4196



After the wonderful T'ai Chi Chih and group meditation at Asilomar in August (an extremely healing weekend for many participants), several people, including Justin, expressed interest in having a three-day TCC and meditation retreat for TCC teachers, students and friends.

Can anyone recommend a place for such a retreat (possibly somewhere in the Santa Cruz mountains)? Anyone with suggestions/ideas/desire to assist in arranging such a retreat, please contact me as soon as possible.

Corinn Codye Scott  
732 Hamlin Way  
San Leandro, CA 94578  
(415) 895-8614

I have a student who has Parkinson's disease. I would like to speak with the teacher who shared experiences of remission of Parkinson's disease at the May teacher training.

Richard Hurlbut  
31 Nectarine Ave. #6  
Goleta, CA 93117  
(805) 683-1173

2 - Thursday, July 25, 1985 - Castro Valley Courier

## QUESTIONMAN?

How do you fight the blues?



Reza Parsale

I meditate. And exercise. Reading books can be a tremendous help. Watch television as little as possible.

Peggy King

I work with clay. Either making pottery on the wheel or doing some hand building. I can get away from my problems completely with clay. I get lost in it. Your brain turns off and you "think" with your hands. It works. I've been doing it for a long time.



Corinn Scott

I do Tai Chi Chih. It's a form of movement which is both energizing and relaxing. It actually stimulates the joy center of the brain. It makes you feel happy and peaceful, and it always works -- fast!



Letters from Teachers (cont.)

I taught a summer session class of 48 students at the West Valley Community College in Saratoga, California. Here is a sample of one of my flyers.

Bonnie McKenzie  
1270 Pierce Street  
Santa Clara, CA 95050  
(408)296-1603

Experiences from Students <sup>5</sup>

Accredited teacher Richard Hurlbut and I are "doing" T'ai Chi once a week at my house early in the morning. It is wonderful to have someone to practice with; the flow of energy and peace are a delight. Richard began a new class this June at the Santa Barbara YMCA and next week a new class for people with arthritis starts. I enjoy the practice with him and we are going to work on some of the things Justin taught in the last training.

Best regards,

Sue LaCabe  
651-D Verde Mar  
Santa Barbara, CA 93103

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Smooth  
Seamless  
Gracefully flowing  
Tranquility within turbidity  
Tapping energy and power  
Finding healing, mobility, strength.  
But above all,  
Peace  
T'ai Chi Chih.

by Phyllis Newman  
(student of Cass Johnson)

---

Thanks for the issues of the Vital Force. I enclosed a check because I agree with Justin and I appreciate receiving the newsletter. I really wish we had a teacher here in the Desert. We are a little short on many such resources.

I began reading Jusin's book Meditation for Healing when my holistic doctor said he thought I was having an allergic reaction to the Desert. The very first meditation I tried (the one to circulate the Chi) worked beautifully, and I still repeat it quite frequently even though the symptoms are gone.

Love,

Andrea Merrill-Moss  
Palm Springs, CA  
(student of Corinn Scott)

## Letters from Teachers (cont.)

On the 25th of August, I will be going to Camp J.O.Y. and will be on the staff there from August 25-29 to teach T'ai Chi Chih and racewalking to 40 adults over 55 years of age and to 40 children ages 9-12 in an intergeneration camp at YMCA's Camp Loma Mar, Pescadero in the Santa Cruz mountains.

I have been teaching T'ai Chi Chih in three senior centers.

Through the J.O.Y. program—Joining Older and Younger—I have been teaching T'ai Chi Chih on a short time basis in various schools in Albany, Berkeley and Oakland, namely LeConte, Cornell, Chabot, Thousand Oaks, GoldenGate, Berkwood Hedge and Peralta schools.

I have also been a guest lecturer at the Graduate School of John F. K. University in Orinda in a class on Sports Psychology and at Vista College in Community Activities for Seniors.

I am enclosing a newspaper interview published in the West County Times and a photo in Heart Briefs published by the American Heart Association.

Benjamin Levitan  
906 Masonic Avenue  
Albany, CA 94706

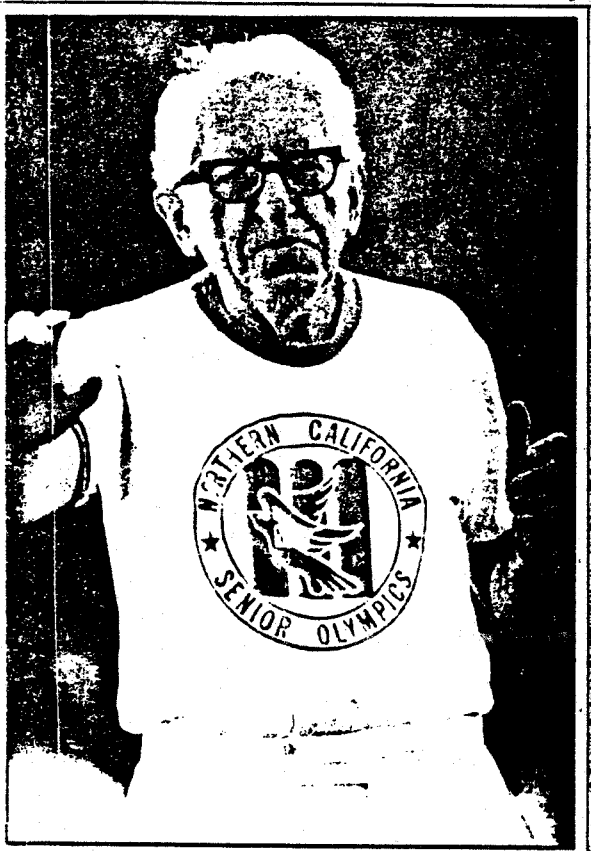
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autumn moves the heart



## heart briefs

Spring 1985



Times photo

The hands move in a relaxed manner, flowing with the unity of the body in T'ai Chi Chih, according to instructor Ben Levitan.

### He teaches the exercise that makes people yawn

By Alvaro Toledo  
staff writer

Yawning is considered a success if its practitioners start yawning. Slow motion is its means and relaxation its end.

If the frenetic dance steps of the 1980s simulated actions like "the swim" and "the twist," in the 1980s it is senior citi-

zen Ben Levitan's turn to imitate "poking raff," "big bass drum" and "working pulley."

The difference is that Levitan moves to a different beat: an inner music of meditative stillness in his mind and tingling sensations in his fingertips and the top of his head, or wherever he may choose to transfer his energy flow.

Please see LEVITAN, Page 3A.

A perfect day and a perfect run! More than 4,300 runners of all ages and abilities crowded the course at the Tenth Annual Valentine Day Run.

One-quarter of the runners were over 40 years of age and almost 400 were under sixteen. Congratulations to the eighty runners over 70. Jane Quarles, Ben Levitan of Albany, Thomas Hughes, Hugh Barritt of San Francisco, Chandler of Berkeley, and Fred Wuifa of Oakland. In the 10K run was smoothly executed by volunteers.



## LEVITAN

From Page 1A

"It's so relaxing that 20 percent of the people start to yawn after 30 to 45 minutes. They can't help themselves, it's so relaxing," said the Albany resident.

The 70-year-old Levitan is a teacher at The Open House Senior Center in El Cerrito of the art of T'ai Chi Chih, an exercise adapted from the more complicated and ancient Chinese practice of T'ai Chi Ch'uan.

Basically, T'ai Chi Chih is intended to induce relaxation and stimulate circulation that will make all the organs of the body healthier, said Levitan.

When asked if T'ai Chi Chih will cure a particular ache or pain, Levitan stresses he is not a physician. But he noted that in the case of one man who suffered sharp pain from his ankle to his hips, it disappeared after four exercise sessions.

Mention T'ai Chi Chih forms and the tall, gray-haired Levitan turns into an object of ever-so-slow perpetual motion.

He'll do the "passing clouds," hands circling in front of his face. He wears a blank, yet intent, expression.

With the "working a pulley," Levitan extends his arms in front of him and turns the hands over, much like a swimmer negotiating the air. "Healing breath," a series of breathing exercises, make him appear to be letting air in and out of a tire.

"I get a little light-headed if I do it too much," said Levitan.

There are a total of 20 movements in T'ai Chi Chih, including the "rocking motion," "around the platter," "big bass drum," "carry the ball to the side" and "bird flaps the wings."

The simplicity of T'ai Chi Chih enables practitioners to enter the relaxed poses of meditation easily, said Levitan.

The beginner must learn a few essentials. The knees remain slightly bent, to channel energy through the legs. A certain magnetism is exchanged from hand to hand when they're facing each other.

A tingling sensation means blood has traveled to a certain point in the body—the hands, toes or top of the head. At the end of a session, the heels come together to re-collect the energy flow, he explained.

The practitioner also can get a feeling of storing his or her energy in a spot two inches below the navel, using the "cosmic consciousness" pose.

While in a standing position, the hands face the ground "because there's a lot of energy in the earth. It comes right up into your fingers, your hands," he added.

T'ai Chi Chih was first taught in Albuquerque, N.M. in 1974 and developed by Justin Stone, a student and author in the field of Oriental spiritual disciplines.

Stone met a partially paralyzed man who used a bone-like device between his hands, palms facing inward, in practicing movements called the "ruler." From these he devised his own set of simple movements and founded T'ai Chi Chih.

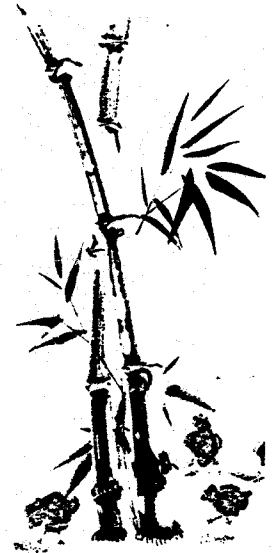
Each individual movement-pattern of T'ai Chi Chih is a specialized form of meditation; a unique posture for meditation in motion. By approaching our practice period sensitively, we can derive fresh insights and uplift, though we may have performed the movements of T'ai Chi Chih thousands of times through the years.

When we flow effortlessly through each movement, with full attention, healing influences become more dominant, subtler perceptions naturally open to our awareness and "joy thru movement" becomes our personal revelation.

T'ai Chi Chih reveals meditative living, by introducing our awareness to the conditionless joy and contentment of the moment. Justin Stone wisely counsels "Nurture the Nowness", and we can, through conscientious use of T'ai Chi Chih.

(In addition to our usual daily practice, we can select one of the movements for an extended practice experience. For instance, following our accustomed routine, we could perform "Bass Drum" 108 times on each side. The meditative aspect of T'ai Chi Chih really comes through when we increase the number of repetitions. We get to the heart of the movement and experience stability in the midst of motion. Extremely lengthy sessions with one movement-pattern are not necessarily beneficial, as I once performed nearly 3 hours of "Rocking Motion" (3,240 reps.) and later found that 108 repetitions was far more joyous and energizing by comparison.)

Steve Ridley  
1921 Jasmine Street  
Denver, CO 80220  
(303) 233-7717



[Editor's Note: Other teachers have reported doing Rocking Motion up to 1000 times, rapidly, with very invigorating results.]

7/23/85

Drawing circles in air  
Foolishness?

Moving softly  
Joy breathes

Earthen symphonies issue and fade  
A Mystic Animator?

The dove's mellow song  
For my ears?

Why cling?  
We are here!

Steve Ridley

8/25/85

Poem of T'ai Chi Chih

Dancing with the sunlight  
Penetrating power

Body motions stir internal meditations  
Breathing follows

A linking with Joy  
River of abundance!

Steve Ridley

# TAI CHI CHIH

The gentle art of meditation through movement is demonstrated through a series of 20 easy-to-learn movement patterns which focus on self awareness and flow.

Students discover "serenity in the midst of activity" by performing Tai Chi Chih (eye ches chuh) in a slow, very circular manner, relaxing in the softness and continuity of motion.

Practise tones circulation and energizes the metabolism, rather than tiring one. The body's vital energy (CHI) is focused yet free-flowing, resulting in a balancing affect likened to acupuncture.



Elizabeth Ruczynski-Salada  
Tai Chi Chih Accredited Instructor  
For Private Lesson & Group Seminar Info.  
Call: 278-3263 or 381-6735  
message line

**Highly Recommended For:**  
Weight & Blood Pressure Control  
Heightened Energy  
Improved Concentration & Relaxation  
Health & Longevity  
Serenity & Well Being

**Class Information - Autumn 1985:**

**CASTRO VALLEY ADULT SCHOOL (886-1000)**  
19722 Center St., Castro Valley  
\* **Nondays, 9:00 - 10:30 a.m.**  
Beginner: Sept. 16 - Nov. 4 (8 weeks)  
Intermediate: Nov. 11 - Dec. 15 (5 weeks)  
\* **Tuesdays, 6:30 - 8:00 p.m.**  
Beginner: Sept. 17 - Nov. 5 (8 weeks)  
Intermediate: Nov. 12 - Dec. 16 (5 weeks)  
\*(Note: Above are updates to CVAS brochure)

**DUBLIN RECREATION DEPARTMENT (829-4932)**  
11600 Shannon Av., Dublin  
\* **Tuesdays & Thursdays, 10:00 - 11:00 a.m.**  
Beginner I: Sept. 17 - Oct. 17 (5 weeks)  
Beginner II: Oct. 22 - Nov. 21 (5 weeks)  
\* **Wednesdays (10 weeks each)**  
Beginner: Sept. 18 - Nov. 20; 6:30-7:30p.m.  
Intermediate: Sept. 18 - Nov. 20; 7:30-8:30p.m.

**DANVILLE-VETERAN'S HALL (837-8235)**  
120 So. Hartz Av., Danville  
\* **Tuesdays & Thursdays, 2:00 - 3:00 p.m.**  
Beginner I: Sept. 17 - Oct. 17 (5 weeks)  
Beginner II: Oct. 22 - Nov. 26 (5 weeks)  
(Note Holiday: Oct. 11)

**SAN RAMON VALLEY RECREATION CENTER (837-8235)**  
318 Diablo, Suite 2, Danville  
\* **Thursdays, 6:30 - 8:00 p.m.**  
Beginner: Sept. 19 - Nov. 14 (8 weeks)  
(Note Holiday: Oct. 11)

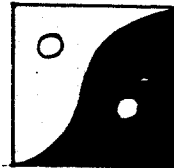
**LECTURE-DEMONSTRATION 1st Meeting-Each Class:**  
All interested are invited to attend with no obligation.

Elizabeth Ruczynski-Salada  
1475 - 155th Avenue  
San Leandro, CA 94578  
(415) 278-3263

# TAI CHI CHIH JOY THRU MOVEMENT!

RECOMMENDED FOR:

HEIGHTENED ENERGY  
SERENITY + HEALTH  
LONGEVITY  
EFFORTLESS WEIGHT CONTROL  
NATURAL BLOOD PRESSURE CONTROL



20 SIMPLE MOVEMENTS

YET

PROFOUNDLY HEALING • BALANCING • ENERGIZING

REGISTER FOR CLASS NOW  
(415) 592-9850

LOCATION: CASTRO VALLEY YWCA, Room 10  
DATES: THURSDAY EVENINGS, JUNE 20 - AUGUST 8  
TIMES: 7<sup>00</sup> - 8<sup>30</sup> pm  
FEE: \$40 FOR 8 LESSONS  
TEACHER: SYLVIE BOULDIN  
ACCREDITED INSTRUCTOR

FOR MORE INFORMATION, PLEASE CALL  
(415) 276-3751

Sylvie Bouldin  
1423 168th Ave. #1A  
San Leandro, CA 94578  
(415) 276-3751

**TAI CHI CHIH**

Tai Chi Chih is a non-strenuous moving meditation, using 20 circular patterns to stimulate and balance the intricate energy known as Chi. This form involves no physical contact, but works within the individual energy sphere to balance the body's meridian lines. Faithful practice can bring about profound changes in physical health and is considered a path to spiritual enlightenment.

Tai Chi Chih practice can be used as a lead-in or way of preparation to the study of Aikido, in learning stance, posture, and centering one's energy at the spot two inches below the navel.

Tai Chi Chih practice is ideal for those who are not able to participate in vigorous sports (i.e. for conditions such as high blood pressure, heart condition, pre or post-natal, back problems, etc.) as it is non-impact. Age or physical condition are never barriers to the healthful and energizing effects of TAI CHI CHIH.

**I BEGINNING SESSION** Thursdays 7-8:30pm Sept. 26-Dec. 19th

Curriculum: Study of the 20 forms of Tai Chi Chih. Stretching, postural and alignment exercises. Guided meditation and stress-reduction techniques.

Fees: \$5.50 per class \$20.00 for 4 weeks \$50.00 for 12 weeks  
Students who sign up for the full 12 week course may participate in the intermediate class after their 4th week without additional fees.

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**INSTRUCTOR:** Valerie Lawson

Valerie is a certified Tai Chi Chih instructor with a degree in sports psychology and 9 years teaching experience to adults and children of all ages.

**LOCATION:** Aikido of San Leandro  
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**FOR MORE INFORMATION:**

Call Aikido of San Leandro at: 430-2518  
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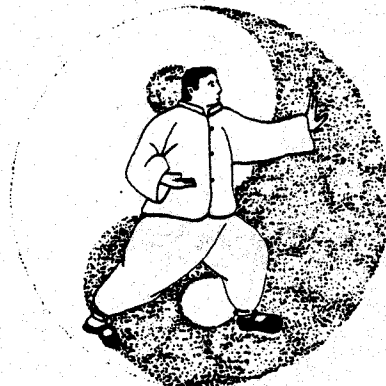


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