

Taiji in the tradition of Zheng Manqing, following Master Huang Xingxian and Patrick Kelly
A system for the Development of Inner Strength and Harmony through Concentration, Co-ordination and
Relaxation of Mind, Energy and Body

Taiji workshop with Christine Schneider in Tallinn April 4th, 2015

Christine Schneider has closely followed Patrick Kelly's teachings for the last 21 years and is one of his senior instructors. She regularly teaches in Austria, Hungary and Germany and has been invited to teach in Patrick Kelly's school in Switzerland.

Patrick Kelly began Taiji in 1973 and moved to Kuala Lumpur, Malaysia in 1977 where he studied full time in Master Huang's school. He was accepted by Master Huang as his personal disciple - the only non-Chinese to ever enter Huang's inner-school - from which he continued to learn until his death late 1992.

At the wish of his teachers, Patrick taught Taiji openly in Europe for 21 years until 2013. In 2014, after 42 years of inner work with Master Huang Xingxian, with the Naqshibandi Gnostic Sage Abdullah Dougan and the Raja Yogi Mounimaharaj of Rajasthan, he opened a studio in Shanghai/China, providing a cross cultural training space for Daoist Internal Arts & related disciplines.

In this workshop Christine will introduce the basic training methods for those not familiar with our system, and offer guidance for advanced practitioners. While exploring their wavelike character will be an important part of the training, we will practise beyond just the outer movement by using deep concentration on the inner senses. The day will also include gentle partner work (Pushing Hands) - training the sensitivity and the timing between two moving partners- and an introduction into a Daoist energy cultivation exercise.

This workshop is suitable for people with some Taiji experience - ALL welcome irrespective of style.

Teaching language will be English.

Program:	5 relaxing exercises, Zheng Manqing short form, Tui Shou (partner exercises), Daoist meditation
Training times:	Sat 4 th April, 2015: 12.00 - 18.00
Venue:	Taiji klubi, Pärnu mt. 102, Tallinn www.taijklubi.ee
Tuition:	€35
Registration:	contact Taavi Rimmelg taavi@taavi.ee

Where to find us on the net:

Through a network of independent schools you can find instructors in many European countries & overseas (China, Singapore, USA, Australia and NZ):

www.taiji-schule.at

www.patrickkellytaiji.com

www.9clouds.ch