



TAI CHI LEE

Promoting Harmony of Mind, Inner
Awareness and Mental Focus.



The sea does not reward those who are too anxious, too greedy, or too impatient. One should lie empty, open, choiceless as a beach – waiting for a gift from the sea.

Anne Morrow Lindbergh

Tai Chi Lee

Summer 2016 issue

REMINDERS: Please check my site [Tai Chi Lee](http://www.taichilee.com) (www.taichilee.com) for News, Resources and other useful information.

News and Announcements

- Tai Chi may be the perfect solution to help with any number of aches and pains and other issues that you or someone you know may be suffering. If you are an experienced Tai Chi player, let them know of the benefits you have



Tai Chi Blog

Please read my [Tai Chi Blog on Wordpress](#). I truly believe you'll enjoy these short pieces on various subjects relating to Tai Chi, such as :

- [Tai Chi teaches us to open like an arch](#)
- [Improve your posture and help your back](#)
- [Boost your immune system](#)

A Page from my Tai Chi Diary

From December 20, 2001 with teacher Guy DeRosa

Great session tonight! We worked on the principle of opening from the inside to let the spirit flow. Raise the head, open the shoulders, open the arms and feel the strength by expanding in this manner. We tried this concept by holding postures and incorporating it into the form.

Ask yourself how you would define "relaxing" while in a posture and feel the difference between "wet noodle" and opening to allow the shen, chi and jing to flow.

experienced and please don't hesitate to refer them to me. I teach privately at home or can travel to your home or workplace for small group sessions or classes.

- Take a look at some of our past events and enjoy some other tai chi photographs [HERE](#).

A Tai Chi Introduction

What is Tai Chi?

Performed by millions around the world, Tai Chi is a mind-body exercise rooted in multiple Asian traditions, including martial arts, traditional Chinese medicine and philosophy. Tai Chi integrates slow, intentional movements with breathing and cognitive skills like mindfulness and imagery. It aims to strengthen, relax and integrate the physical body and mind, enhance the natural flow of Qi (our vital energy or life force), and improve health, personal development and self-defense. Tai Chi is a physical exercise, a mental exercise and a choreographed dance all at the same time! It gently exercises all joints and muscles of the body and is ideal for people of all ages and levels of physical conditioning. Tai Chi may help you relieve stress, anxiety and tension, and increase your awareness by improving your balance, coordination and posture.

How can you use Tai Chi?

Tai Chi is great for everyone either performed by itself or as a warm-up and a cool down from other exercises. You may do it before your regular exercise routine to increase speed, flexibility and awareness and afterwards to cool down and center your energy. Tai Chi can also be an effective mind/body, cross training exercise that may help people understand the biomechanics of many sports. Most importantly, the core Tai Chi principles can be

As a meditation, focus on the pelvis and let go of tension in the waist. The pelvis area contains the sexual energy (jing) which produces chi and is stored in the dantian then travels up the spine in the form of spirit (shen).

When applying this relaxation technique to push hands, think of yourself as a hinged, swinging door; whether a push comes fast or slow it doesn't matter - the door just swings out of the way!

Lee Atwater



Follow me!



Like me!



Twitter

Please follow me on Twitter (Lee Tai Chi). I have found some very interesting Tai Chi information from like-minded Tweeters.

Check out my [Tweets](#).

Resources

Please check my [website for resources](#) and other valuable Tai Chi information. There are [DVDs and t-shirts](#) available for purchase as well.

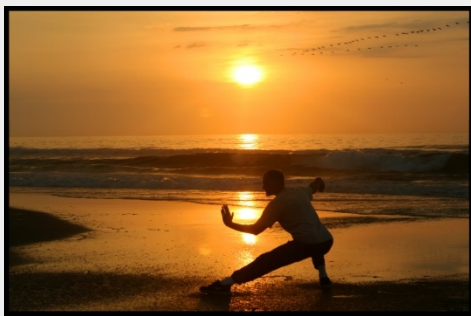
[Tai Chi Lee](#)



integrated into your athletic pursuits and your everyday life.

How can Tai Chi benefit you?

Continual Tai Chi practice can stimulate your internal organs and improve circulation through the increased flow of Chi - your life force or internal energy. To see a chart of potential health benefits and results [click here](#).



photos by L. Atwater

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