

get your TAI CHI on

免費太極教學

October 22nd • 2:00 - 3:00 pm • Room 308

Adult Demo Workshop • All are Welcome

free • de-stress • no gimmicks • no commitment

太極與紓壓

醫學報導，現代人健康最大的隱患，絕大多數來自壓力過大，過久的壓力會明顯降低免疫系統的功能，並進而造成許多慢性疾病的病因。

因此，紓壓已成為現代人努力探詢的一個重要課題。諸多紓壓的課程與活動，也如春筍般的發展成長。

太極，這個累積數千年傳承的傳統武術，其以意運氣，以氣帶動，以動練性，兩儀生太極的宗旨，正是練習專注力，紓解壓力最有效的活動。

梁老師，與長島文協的關係淵源久遠，也在大紐約地區多處進行太極的傳授多年。很榮幸梁老師能撥空親自來到長島文協，向大家傳授簡單的太極入門動作。歡迎大家踴躍參加。

Tai Chi is an ancient Chinese tradition originally developed for self-defense but has evolved to a graceful form of exercise to reduce stress and provide a variety of other health benefits. Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements and deep breathing techniques.

Master Liang has a very close and longtime relationship with CCALI. He has taught Tai Chi amongst the very best in the New York area for a very long time. It is of great honor to have Master Liang come to our school and teach us some simple Tai Chi movements. Please welcome Master Liang to CCALI by joining him in this workshop to experience Tai Chi and learn stress releasing techniques.