

A Personal View

Comfort foremost

A moving meditation allows us to focus on

Letting go

Relaxing our tan tien, our breath

Relaxing, dropping our shoulders, dropping our ears

Allows the relaxing feeling to spread throughout our body

Uncovering tensions

Leaving us to choose to release or not

To notice energy, chi, feelings

Letting go loosens our mind

Allows our body to remember

Frees up our senses to listen to our selves

Working our tan tien gives us a base

Something to rest on, to rely on

The power to sense, direct, move and act

Breathing into 4 levels

Allows our breath to move us

The first in-breath moves the tan tien into position

The second in-breath allows the 3 limbs to float into position

We root ourselves – ready –

For the out-breath where we "throw" the chi.

Transferring our weight from one foot to the other

Keeping our body balanced, relaxed, breathing

Helps us to notice the way energy moves around our bodies

Tai chi is body work that is very slow

Our breath slows down, and we move to the rhythm of our breath

Our breath moves us.