

Mindfultrail

Mindfulness and Chi Kung Seminar



"Studying tai chi with Claudio has been helping me out a lot after an accident that left me with problems of coordination. I have a lot more energy and concentration now and I feel a lot stronger"

Stefania, Tai chi student, Siena, Italy

@ Thomas Creek Ranch, Dec 17th, 2-5 pm
Forestville, CA

In this seminar you will learn basic chi kung practises as taught in the Dong Family Tai Chi tradition, coupled with mindfulness and mind/body work rooted in transpersonal psychology. You will learn how to apply the Taoist principle of *"doing not-doing"* to find the centre from where to act and not

react. You will work on finding the balance between energy and relaxation. Through this seminar you will support the Mindfultrail Project, a one-year journey to share mindfulness across the Americas, from Canada to Argentina. No previous experience necessary.



www.mindfultrail.org



Claudio Corbelli, PhD
Counsellor, Meditation and Tai Chi Instructor