

Mindfulness and the Martial Arts



"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

@Golden Crane, October 13, 7-9 pm

46 Lowell Rd #6, Windham, NH 03087

In this experiential seminar we will explore the link between mindfulness and the martial art, which both implies a state of emptiness at their core. We will learn how to apply the Taoist principles of "wei wu-wei" (doing not-doing) to find a centre from where to act, instead of react.

We will use the basics of push hands to experiment our boundaries and develop relaxation in the face of threat. There will be time for theory, practice and Q&A.

