

What is Tai Chi for Energy?

This new **energizing program** consists of two different tai chi styles. **Chen style** tai chi is vigorous and sophisticated, containing fast and slow movements along with **powerful spiral force**.

Sun style includes a **unique qigong (life energy)** along with agile steps. These two seemingly contrasting styles of tai chi have complimentary internal energy. Using his deep understanding of tai chi principles and with over 30 years of experience, Dr. Lam carefully composed the Tai Chi for Energy set by combining both styles to bring you **greater synergy**. With regular practice and in a relatively short period of time, you will achieve better health and wellness, more internal energy and an improved ability to manage stress.



The program contains warm up and cool down exercises and 16 movements. Tai Chi for Energy is easy to learn yet still retaining the complexity of Chen Style and Qi power of the sun style.

How Does Tai Chi Work?

At the centre of tai chi is the philosophy which is just as useful to improve health and relaxation to the world today as in ancient times. The tai chi philosophy is the essential principles or the core of tai Chi.

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