

Join us for an inspired experience in
Yang Style Cheng Man-Ching
Training and a chance to meet a very
gifted teacher:

Lenzie Williams

Training Approach

Form Posturing cultivates basic internal strength and stamina. Significant emphasis is placed on:

- conscious details of postures, which affects alignment and balance;
- details of both postures and transitions that affect sinew development (flexibility and internal pliability);
- important ideas, concepts, and images that facilitate cultivation of Sung (relaxation) and awareness of the Tan Tien; and,
- increasing consciousness of the important relationship between external organization (alignment, foot and leg position, etc.) with internal organization (sinew quality, openness of the joints, quality of Sung, etc.), which produces a truly internal quality to the Tai Chi movements, as well as practical function.

Form Flow involves cultivating quality flowing movement from the awareness of tempo, evenness, conscious connection between postures, etc. This practice is essential to increased flow of Chi, and is most important to Chi refinement.

Standing Meditation is a very important tool for Tan Tien and Chi cultivation. A key link in cultivating whole-body awareness, this meditation is probably one of the most significant spiritual tools available in this system.

About Lenzie:

I've had the exceptional honor, gift, and good fortune to be a senior student of Mr. Ben Lo. I have tried to study and practice meticulously since I began attending Mr. Lo's classes in 1976. I've taught Tai Chi since 1979 in Berkeley, California; and have taught workshops nationally and internationally since 1990.

Registration Form

Name:

Address:

City

_____ State _____ Zip _____

Phone:

E-mail:

Years of Tai Chi Study/Practice: _____

Teachers:

Cost for Thursday evening class: \$60.00

Please bring check or cash with this registration form to the training Thursday evening. (Cash is preferred) Make the checks out to Patricia Culotti.

Thursday, May 25

7:00 to 9:00 pm

Dekoven Center

Assembly Hall

Racine, Wisconsin

600 21st St.

Racine, WI 53403

262-633-6401

Five Principles

Relax (Sung)

Separate Yin and Yang

Turn the Waist

Spine Straight

Beautiful Ladies' Wrists