

太極松身九式 Tai Chi Song Shen Jiu Shi

Tai Chi Relaxation (Level I)



Goal:

- To promote balanced emotions
- To improve health
- To bring inner fulfillment toward a more meaningful life



Method: The practice of moving and non-moving meditation

Function: Practitioners report better sleep quality, improved digestion, better respiratory function, increased blood oxygen saturation, and a reduction in long-COVID symptoms

Philosophy: **Tai Chi Relaxation** is based on four philosophical pillars

1. TCM (Traditional Chinese Medicine)
2. Psychology
3. Wushu (Chinese Martial Arts)
4. Chinese Philosophy

Seven Unique Features:

- **Enriched learning:** Tai Chi Yin-Yang aspects = Completion | Fullness. Moving meditation is comparable to the Yang aspect, and non-moving meditation is comparable to Yin. You can apply Tai Chi Yin-Yang aspects not only to this practice but also to your daily life.
- **Relaxation activates your potential ability:** In the class, you will learn how to relax your body and your mind to experience **Qi** energy.
- **Physical and emotional functions:** Each meditative movement of **Tai Chi Relaxation** follows Yin-Yang philosophy and TCM theory to help remove blockages and reduce negative emotions.
- **I know Vs. I feel:** Often we say “oh, I know, I know”, but in reality, we cannot do or feel what we thought we knew. What we know and what we do often are two different things. Chinese philosopher Wang Yang-Ming (1472-1529) emphasized *zhi xing he yi*, or the unity of knowledge and action. That is the specialty of our training!
- **Choice of position:** You can practice **Tai Chi Relaxation** while standing, sitting or lying down.
- **Wide ranges of age:** This practice is suitable for any age practitioner, from 3 to 130 years old!
- **Can be practiced anywhere** – Indoors or outdoors, you only need 2 square meters to do the entire practice. Remember, nature is not only outside, but also inside. *Set your body free and find nature wherever you are.*

Detailed Introduction about the practice -

Tai Chi Relaxation | 太極松身九式 Tai Chi Song Shen Jiu Shi

This practice contains 9 meditative movements. 8 are moving meditations, and 1 is a non-moving meditation. They are very easy to learn. Each movement is synchronized with a specific acupuncture point in the Ren or Du meridians.

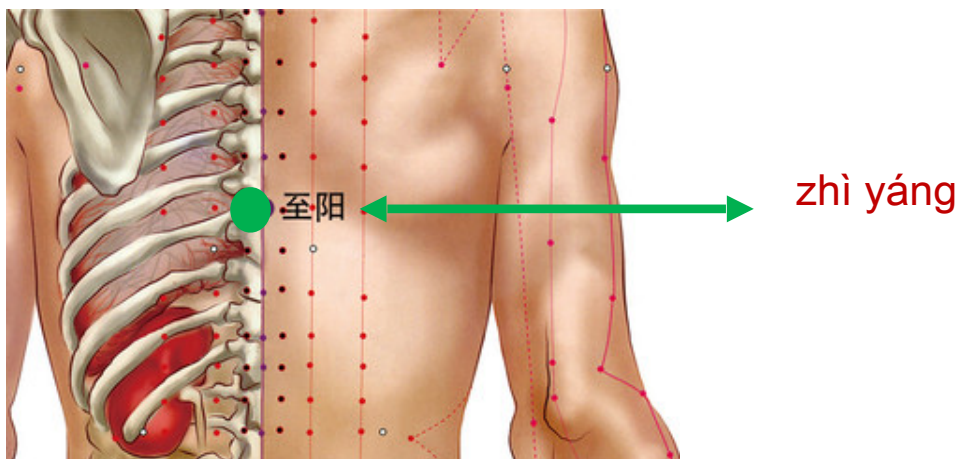
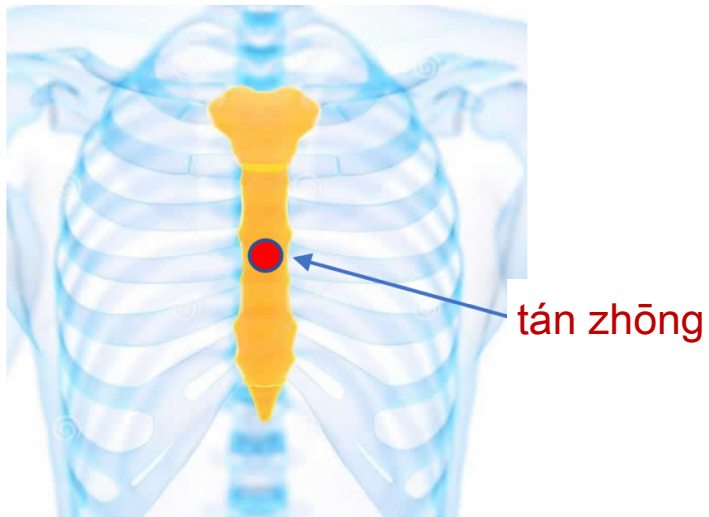
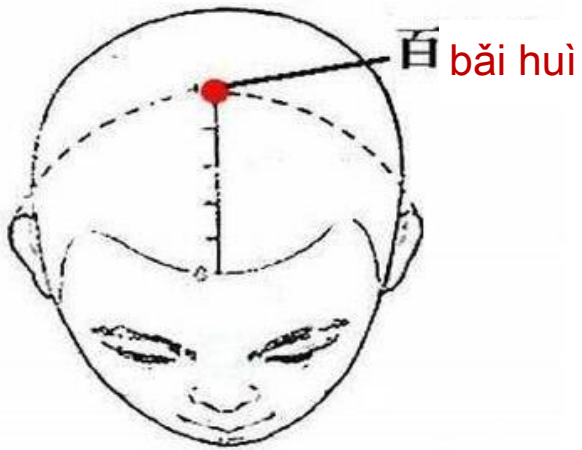
The functions of each of the 9 meditations are described below:

太極松身九式 Tai Chi Song Shen Jiu Shi

Tai Chi Relaxation (Level I)

	Accupuncture point	Meridian	Function
1	百会 bǎi huì	Du (20)	健脑安神，调节血压。 Nourishes brain and calms/settles the mind, regulates blood pressure.
2	膻中 tán zhōng	Ren (17)	宽胸理气，开郁散节。 Relieves chest stuffiness, regulates the flow of qi.
3	中脘 zhōng wǎn	Ren (12)	健脾和胃，通腑降气。 Strengthens the spleen and stomach, clears the internal organs and assists the qi going through/going downwards.
4	关元 guān yuán	Ren (4)	培元固本，补益下焦。 Nourishes the Yuan qi, consolidates the root and enhances the function of lower Jiao.
5	长强 cháng qiáng	Du (1)	通调督脉，益气升阳。 Smooths and adjusts the Du Meridian, tonifies qi and raise Yang.
6	大椎 dà zhuī	Du (14)	通阳散寒，舒经活络。 Unblocks yang qi and dispels cold, unblocks meridians.
7	神阙 shén què	Ren (8)	调节脏腑功能紊乱，提高机体免疫力，回阳固脱。 Regulate the dysfunction of viscera, improves the immunity of the body, and tonifies Yang qi.
8	至阳 zhì yáng	Du (9)	壮阳益气，理气宽胸，疏肝和胃。 Promotes Yang qi, regulates smooth qi in the chest, soothes the liver and harmonizes stomach qi.
9	命门 mìng mén	Du (4)	温肾助阳，滋阴补阳，培元固本。 Warms kidney and promotes Yang, nourishes Yin and tonifies Yang. Strengthens kidney energy and protects primordial energy.

Some illustration of acupuncture point:



*** More information and practice tips will be included in the handout at the seminar!

About Li Jing:

- Li Jing was born in Beijing, China. Her father is Coach Li Jun-Feng.
- professional athlete of the Beijing Wushu Team (Martial Arts).
- Disciple of Bagua Zhang Master Sun Zhi-Jun and Chen style Tai Chi Master Zhu Tian-Cai.
- World champion of Chen style Tai Chi and 42 Tai Chi Sword.
- Studies TCM (Traditional Chinese Medicine) with Liu Tian-Jun, a Professor at Beijing University of Chinese Medicine.
- Jing graduated from the School of Health, Örebro Universit, Sweden.
- Her doctoral dissertation “The meaning of the Chinese cultural keyword xin” was published in the *Journal of Languages and Culture* 4 (2013): 75-89. Another research article “Conceptualizations of Qigong in Chinese and English Research Literature: The Overlooked Cultural Knowledge of "State of Unity" and "Heart".” was published in *Advances in mind-body medicine* vol. 32,2 (2018): 21-29.



Tai Chi Relaxation (Level I)

•

Date & Time of Seminar:

Israel on February 16-18, 2023

Thursday, February 16, 2023 9:00 AM

Saturday, February 18, 2023 12:30 PM

•

Location of Seminar:

"Caesarea Sea Center" Sdot Yam, 37804 Israel

•

Fee:

- Workshop- (NIS) ₪1350

- Hotel - (NIS) ₪960

•

How to sign up:

- Email Dina, at: dina.shafir@gmail.com for more info

- WhatsApp number +972522332390

- Source: <https://www.shengzhen.co.il/%d7%a6%d7%a8%d7%95-%d7%a7%d7%a9%d7%a8/>