

# Invitation to the workshop Tai Chi Relaxation Level II

June 8 - June 11, 2024

at the Pallotti House in Freising near Munich

Registration at: [kontakt@shengzhen.de](mailto:kontakt@shengzhen.de)



We are very pleased to invite you to a continuation of TaiChi Relaxation Level I this coming June. Li Jing will introduce us to the 2nd level of this basic form.

**Tai Chi Relaxation Level I** is the introductory level. The focus here is on perception and stimulation of acupuncture points that correlate with neighboring regions of the body. For example, we use the zhōng wǎn point (stomach/spleen point) to promote relaxation and the circulation of Qi in the upper abdomen.

**Tai Chi Relaxation Level II** is now the continuation, here the focus is on connecting acupuncture points via lines to ensure a smooth flow of Qi thus to allow Qi to flow between two or even more acupuncture points.

Some of the 9 known positions/movements of Level I are slightly modified and we add flavor and spice to the exercises by learning to direct Qi through breathing and our thoughts.

Tai Chi Relaxation Level II is also easy to learn. We work with the breath to reduce stress. This leads to deep relaxation and fulfillment and helps to maintain physical and mental health.

The workshop is designed as a 4-day seminar. A few places are reserved for participants who can only come on the weekend.

**Further details and the registration form can be found in the second file.**

## 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.

