

TAI CHI WORKSHOP with Dave West

1. QIGONG LOOSENING-UP SET

Loosening up the joints & warm the muscles to reduce resistance in the body

- Rotate the Spine
- Rotate the Hips
- Rotate the Knees
- Rotate the Ankles
- Swing the Arms
- Rotate the Shoulders
- Rotate the Elbows
- Rotate the Wrists
- Rotate the Neck
- Gently Shake the Body from Head to Toe



2. QIGONG BREATHING MEDITATION

Uniting Body, Breath, Mind, Spirit & Qi at the Lower Dantien

- Preparation – Wuji Breathing (Uniting Shen & Qi at Lower Dantien)
- Queqiao – tip of the tongue touching the roof of the mouth
- Human Qi Breathing – Gathering the Qi at the Lower Dantien
- Earth Qi Breathing – Bubbles up through the tailbone/Changqiang/Huiyin
- Heaven Qi Breathing – Pours in the through the head/Baihui
- Uniting Heaven & Earth at the Lower Dantien
- Visualizing the centreline – Chongting/central equilibrium (Baihui to Huiyin)
- Qi Massage – Tapping & Combing

3. QIGONG CRANE STYLE FIVE ANIMALS EXERCISE

Developing active relaxation, conscious movement & coordination

- Preparation – Wuji Breathing (Uniting Shen & Qi at Lower Dantien)
- Crane Meditation - Horse Stance
- Crane Flying – Horse Stance
- Crane Flying – Bow Stance
- Crane Spreads Wings – Empty Stance

4. QI MASSAGE ACUPOINTS & MERIDIANS

Leading the Qi into the Conception Vessel & Governing Vessel

- Preparation – Wuji Breathing (Uniting Shen & Qi at Lower Dantien)
- Tiantu - Co22 - at the top centre of the chest level with the shoulders
- Yinjiao - Co7 - on the mid-line of the abdomen below the navel
- Huiyin - Co1 - on the perineum between the anus & the genitals
- Mingmen - Gv4 - on the spine opposite the navel between L2-L3
- Dazhui - Gv14 - on the spine level with the shoulders between T1-C7
- Laogong - Pc8 - on the palm at the depression below the 2nd finger
- Yongchuan - K1 - on the sole at the depression below the 2nd & 3rd toes
- Baihui - Gv20 - at the top midline of the head

5. TAI CHI OPENING THE 5 GATES EXERCISE

Qi Breathing into the Hands, Feet and Top of the Head

- Massage the 5 Gates - Yongquan, Laogong, Baihui
- Squeezing the Hands & Feet to Activate the Qi Flow to the Limbs
- Yongchuan Breathing
- Laogong Breathing
- Baihui Breathing

6. TAI CHI GRAND CIRCULATION EXERCISE

Repeat Crane Style Qigong using the 5 Gates Breathing

- Crane Meditation - Horse Stance
- Crane Flying – Horse Stance
- Crane Flying – Bow Stance
- Crane Spreads Wings – Empty Stance

7. TAI CHI MOVING MEDITATION

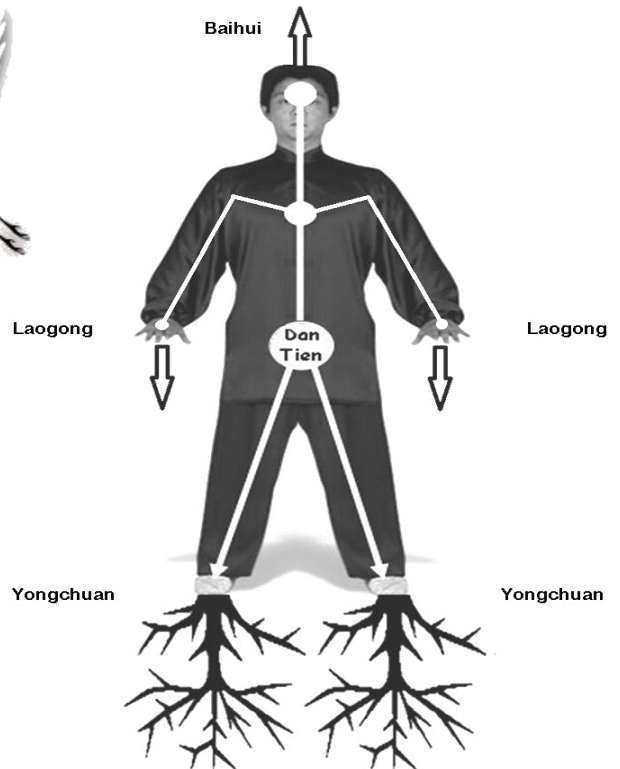
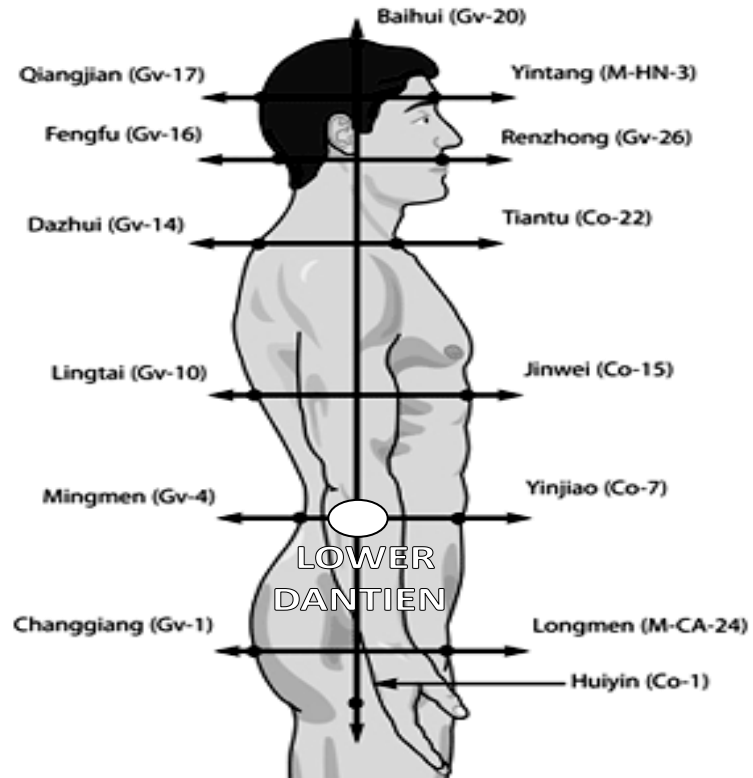
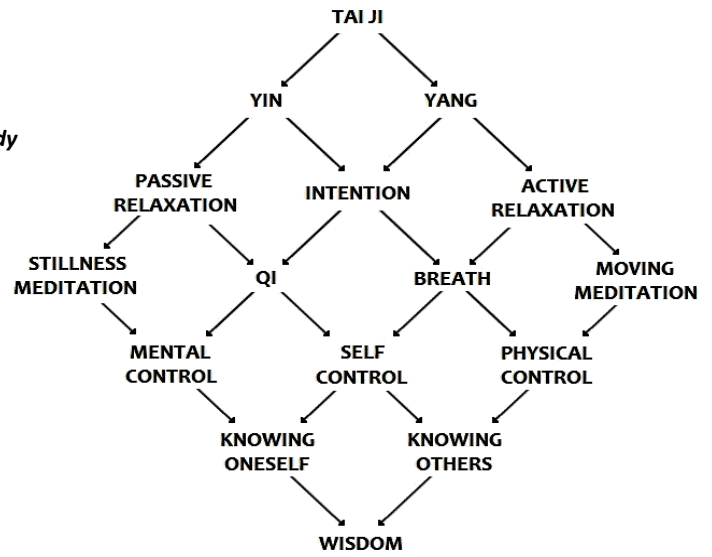
Arranging the Frame, Coordinating the Movements, Harmonizing the Mind with Grand Circulation Breathing

- Preparation – Horse Stance – Wuji Breathing Meditation
- Opening – Sink the Qi
- Press – Bow Stance
- Push – Bow Stance
- Double Punch – Bow Stance
- Cross Hands – Horse Stance
- Closing – Sink the Qi

8. TAI CHI ONE WITH NATURE MEDITATION

Uniting with the Qi of Nature

- Skin Breathing / Marrow Breathing (Guardian Qi & Marrow Qi)
- One with Nature Breathing (Qi exchange with natural objects)
- Opening the Heart Meditation (Developing loving-kindness)
- Gentle stretching after sitting meditation



FUNDAMENTALS OF QIGONG & TAI CHI CHUAN

THE TAO OF HEALING

The Natural Way to Health & Harmony

Wu Ji – no extremities/no polarities

Wu Wei – no resistance/no force

Wu Xin – no emotional mind/no ego

Wu De – morality/virtue

Wu Shu – techniques/skills

Gong Fu – accumulated experience over time

Tao is the path of living in health and harmony with nature. Thousands of years old, Tao acknowledges the infinite wisdom of the body and mind, and that everyone has self-healing ability. These workshops are an introduction to the healing power of Qigong and Tai Chi Chuan, based on the fundamental principles of the Tao and Traditional Chinese Medicine – to create smooth and efficient energy flow, or qi (bioelectrical energy in the body). Through movement and meditation practitioners are able to access this self-healing ability, to balance and strengthen their qi, reduce stress and build a stronger immune system. With regular practice it can clear energetic blockages, displace negative qi, improve metabolism and absorption of nutrients, and expel toxins. Disturbing emotions are diminished as you develop inner peace and compassion. With diligent practice Qigong and Tai Chi Chuan can also enhance creativity, intellectual power and concentration, as well as activate hidden potential and spiritual insights.

YIN & YANG – empty/full, closing/opening, contracting/expanding, soft/hard, insubstantial/substantial, nourishing/releasing

- **Interdependence – yin cannot exist without yang, yang cannot exist without yin – seek stillness within movement**
- **Transmutation – extreme yang becomes yin, extreme yin becomes yang – avoid extremities**
- **Conflict/balance – dynamic opposition and harmony – find the middle way**

Bagua – 8 trigrams – 8 natural yin/yang cycles of time & direction – I Ching divination oracle offering wisdom for the future

Wuxing – 5 elements – 5 natural yin/yang phases of creation & destruction – metal/water/wood/fire/earth

Kan & Li – water qi & fire qi – 2 natural yin/yang energies in the body – can be diagnosed for attaining health & longevity

RELAXATION – energy flows in the path of least resistance – go with the flow – not tensing/not collapsing – avoid brute force

ENERGIZATION – abdominal breathing to gently stretch the lungs downwards absorbing 30% more oxygen producing more qi

INTENTION – where the mind goes energy follows – relax your mind & focus – energy likes to be led not forced – avoid conflict/confusion

INTERNAL VISION – introspection & self-exploration to develop your relationship with qi and the Tao

Listening skills/sensitivity/feelings/nervous system/understanding energy

THE FIVE BUILDING BLOCKS – fine-tune these five major components until they are self-regulating and harmonized

Body – the battlefield – structural harmony, centerline, loosening/sinking/relaxing/extending

Breathing – the strategy – abdominal breathing to increase efficiency of the lungs while massaging the internal organs

Mind – the general – calm & focused, intention, reduced emotional mind, increased wisdom mind

Qi – the army – quantity & quality of qi – smooth & efficient energy circulation through the meridians & acupoints

Spirit – the moral – motivation, positive thinking, belief – energize the brain for enlightenment/Buddhahood

TECHNIQUES – balanced training of internal (yin/mind/stillness/meditation) & external (yang/body/movement/exercise)

MORALITY – moral code of righteous living for oneself, family, community and the environment

Mindfulness – ego reduction – purify your thoughts, speech & actions

Loving kindness – cherish others more than you cherish yourself – do good deeds

Daily effort to improve yourself on all levels & defeat your greatest opponent: yourself

REGULAR PRACTICE – self-discipline – well-structured sensible program suitable for you – self-assessment & review

PERSERVERANCE – motivation, endurance, patience – on going training with a qualified teacher – further study & research

WHAT IS QI GONG ?

Qi Gong (pronounced 'chee kong') means 'energy practice' and began around the time of the Yellow Emperor 4500 years ago. It is deeply intertwined with the philosophy of Tao (yin and yang) and the Chinese way of life, and is practiced in schools, universities and hospitals. Originally, Qi Gong was based on Taoist and Buddhist healing techniques including acupuncture, herbs, massage, breathing, meditation, & exercise. Today, 'Popular Qi Gong' combines a single movement, which is repeated several times slowly, with coordinated breathing and energy meditation. A short set of repeated movements are then performed together for a specific healing purpose or energetic effect. Qi Gong also has energy meditations with no movement at all.

WHAT IS TAI CHI ?

Tai Chi Chuan (pronounced 'tie jee chuen') means 'fist of the mind'. It began 1000 years ago with Taoist monks experimenting with moving meditation and the physical interpretation of the philosophy of Tao. Later, Chinese military leaders interwove their own style of martial arts with Shaolin Qi Gong into the original Taoist system, such as activating tendons more than muscles, and focusing the earth force to a single point of contact. Originally, Tai Chi Chuan was a spiritual practice for self-improvement, and a fast and powerful free-form martial art for self-defence. Today, 'Popular Tai Chi' combines slow modified martial arts movements into a relaxed aerobic set for well-being and longevity, which makes it look almost the same as Health Qi Gong.

WHAT IS THE DIFFERENCE ?

Both have their roots in Tao philosophy and yin yang theory. Both have sitting, standing and moving techniques. Both use the mind to lead the qi through the meridian system in the body. Both have healing benefits that can stimulate efficient qi circulation, loosen the joints, stretch the muscles, strengthen the bones, massage the organs, expand the lungs, wash the marrow bone, energize the brain, and cleanse the consciousness for spiritual enlightenment. * The main difference is that Health Qi Gong is not a martial art, and does not have a 'sense of opponent'. To super-energize the body for combat, Tai Chi Chuan originally utilized Martial Qi Gong, which includes advanced structural mechanics & internal energy to generate explosive Qi power.

DAVE WEST (UK) has been teaching Yang style Tai Chi Chuan and Health Qi Gong for over 10 years, and Sivananda Yoga for over 20 years. He specializes in sitting, standing and moving meditation, focusing the mind and breath to lead the qi, relaxing and balancing the body, mind and spirit. After consulting with modern and traditional masters, Dave believes his programs are easy to learn, bring rapid results, and are well-suited for people at different levels of health and fitness. Regular practice can energize your body, relax your mind, and awaken your inner guru through conscious movement and energy interpretation. This can help improve yourself on all levels, and lead to a more mindful and balanced lifestyle in harmony with the Tao. Dave lives, teaches and surfs in Bali.