

*Taoists say that, “Stillness in stillness is not the true stillness, that only through stillness in motion does the universal rhythm become manifest.” Through Tai Chi, this becomes possible. Tai Chi is the art of focusing and directing the life-force, known as Chi, through a process of concentrating and directing the flow within our bodies. At Golden’s Tai Chi Ch’uan you will learn this practice, which can improve one’s mastery of life*

*“Tai Chi Chuan, the Great Ultimate, strengthens the weak, raises the sick, invigorates the debilitated, and encourages the timid.”*

*- Cheng Man Ching*