

DISTILLING *the* ESSENCE



PRINCIPLES

Martial Arts
Traditional Medicine
Philosophy & Culture

Qi (Chi) - Energy
Yin / Yang - Balance
Tao - Natural Way
Zen - Mind-Body-Breath

No matter how simple the exercise movement is, if it complies to the wholistic principles it will give the benefits targeted

Traditional Taijii Quan

The depth is profound but it takes considerable time, patience and practise to become competent



Arthritis Bones and Joints

Applied Taijii & Qigong

By applying the principles to achieve a specific outcome, the benefits can be obtained in a short time frame



Tai Chi for Young People



Tai Chi for Diabetes



Stress Control



Tai Chi for Surfing



Training Allied Health Professionals



For Aged Care



Evidence Based Falls Prevention



Community Tai Chi for All



Tai Chi Island Retreat



Applied Tai Chi is Easy To Do