

Tai Chi - What is Tai Chi - Tai Chi chuan?

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Category: [Health & Medicine](#)

Press release from: [LFA Tai Chi Health Arts](#)

The answer to this question lies in another question, "What are you looking for?"

If you are not happy with any area of your life today, then Tai Chi can help you.

I have been studying and teaching the Tai Chi Health Arts for over twenty years. During this time I have learnt that the answer to all questions lies within each of us.

many articles have been written on the subject. The majority of the articles shroud the understanding of the art of Tai Chi in mystery. Today, Western Medicine is acknowledging that Tai Chi can help many ailments and recently an article appeared in the national newspapers claiming that doctors agreed that Tai Chi worked but they couldn't explain how.

Your own body's internal energy (Chi energy), plays a vital role in the quality of your health. Chi energy is with you from the day you are born until the day you die. A person with a highly developed Chi energy through practicing Tai Chi experiences very few illnesses. That is what we are all working towards.

Most of us understand how our blood flows through our body and have a basic understanding of how our organs work.

The movements of the Tai Chi Form start to work on the development of your internal energy (Chi) from your very first lesson.

Because we teach these traditional movements in a modern way, you will find that your mind becomes calm, as you learn the mechanics, your balance and co-ordination will also improve. This is because your mind is pleasantly occupied with the constant repetition of trying to perfect the simple movements

This allows toxins to form and build up in the lower part of the lungs. If you watch a baby breathing you will notice that their stomach appears to expand as they breathe in and contract as they breathe out, this type of breathing allows the whole of the lungs to be used correctly.

You will also find that your mind is more alert and ideas flow easily to you, providing solutions to areas of your life which may be causing you strain. People who suffer from breath related ailments such as asthma have found great benefit from practising Tai Chi .

Remember if you are feeling under pressure in any area of your life today, your mind, body and spirit are not in complete harmony.

The movements we teach work, they have helped many people suffering from ailments such as arthritis, asthma, back pain, cancer...

balance, circulation, knee problems, low fertility, heart problems, hip problems, high blood pressure, low blood pressure, insomnia, neck problems, M.E. M.S. shoulder problems, thyroid, stress and many more. These ailments will be covered in greater depth in future articles.

To read more about this Article go to the address below.

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