

TAI CHI



AWARENESS, BALANCE, STRENGTH



Tai Chi Center of Chicago

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TAI CHI CENTER OF CHICAGO

Awareness, Balance, Strength

WHAT IS TAI CHI?

Tai Chi is a Taoist system of exercise for health, meditation, and self defense.

The name "Tai Chi" is a technical term from Taoist cosmology and is often translated 'supreme ultimate.' Tai Chi refers to the state of the universe when it first came into existence and yin (receptive) and yang (active) energies had just been differentiated. The familiar "yin yang symbol" is the symbol of this state, and is called the "Tai Chi T'u."



Tai Chi Chuan (Supreme Ultimate Fist, or Supreme Ultimate Boxing) is the most widely practiced form of Taoist exercise. Its origins in China date back over 1,000 years. There are four contemporary styles of Tai Chi Chuan: Chen, Wu, Yang and Sun. The Yang family style of Tai Chi Chuan being taught by Elizabeth Wenscott's Tai Chi Center is known for its focus on smooth power, alert relaxation, and its ability to relieve a variety of health concerns while developing self-defense skills.

Tai Chi Chuan is a series of postures (called a "Form"), linked together by meditative movement, which is done slowly and precisely. This pace allows the practitioner to relax and clear the mind while moving through the form. Each of these postures and transitions have a martial application which is taught throughout the program.

Tai Chi Chuan is suitable for all ages and varying levels of physical ability. It is a perfect complement to other activities (sports, dance) and other forms of exercise.

Tai Chi is an art form, a gift from the past that was caringly and thoughtfully developed by centuries of experimentation, reflection, and scholarship. It is an art that can be practiced at any stage of life because it relies on internal strength versus external strength. It is portable; it can be practiced anywhere.

Whatever initially draws you, health, self-defense, or spirituality, Elizabeth Wenscott looks forward to helping you attain your goals by guiding you up the generations-old path of Tai Chi.

WHAT ARE THE BENEFITS?

MECHANICS AND BODY ALIGNMENT

Part of Tai Chi Chuan's uniqueness as an exercise is that it engages core muscles smoothly, while relaxing the outer layers of muscles. This gives it its grace and fluidity. Tai Chi Chuan is also low impact, so it can be done during injury recovery and post surgery.

The meditative pace of Tai Chi Chuan allows the practitioner to relax and work on physical alignment issues that cannot be addressed in other forms of exercise due to the quickness of the movements. This is a great way for an athlete to work on refinement or correction of particular mechanics. Tai Chi Chuan is a sophisticated and time-tested method for organizing and developing mind-body awareness and self analysis through motion.

Elizabeth concentrates with gentle precision on her students' alignment of knees, hips, spine, shoulders and other joints. The resulting awareness often extends beyond Tai Chi class to result in improved posture and even pain relief.

HEALTH BENEFITS

Among the many health benefits Tai Chi Chuan is known for are; muscle toning and strengthening, oxygenation of the body and stimulation of the circulation of blood and lymph, a soft massage of the internal organs, and relief of stress and anxiety.

Consistent practice has been documented to help the body repel illness and help people live longer. Tai Chi Chuan is part of the officially prescribed health regimen of millions of patients in China.

Tai Chi Chuan has been recommended for the alleviation of; various neurological condition, carpal tunnel syndrome, hypertension, high blood pressure, anemia, tuberculosis, diabetes and digestive problems.

If you have specific health concerns, see your doctor before beginning any new exercise program.

MARTIAL APPLICATION AND SELF DEFENSE

As a martial art, Tai Chi Chuan is a subtle, yet effective, form of self defense. It can be used by people of varying size and ability because it is based upon:

- positioning, not hard force
- relaxed agility, not raw speed
- using and opponent's power and weight against himself
- the physics of body mechanics
- perception (seeing ahead, "radar")

THE 'ART' IN 'MARTIAL ART'

As a spiritual practice, Tai Chi Chuan is profound yet simple. Its goal is to harmonize the internal world with the external. As a moving meditation, Tai Chi Chuan can be used as a transition from the hectic pace of daily life to a more humane mode, and is often a supplement to (or a bridge to) sitting meditation.

Tai Chi Chuan is based upon natural laws or cycles, and ushers practitioners from the unwanted stimulation and artificial influences of the industrial electronic worlds and returns them to the rhythms of nature. A session of Tai Chi Chuan is like a walk in the mountains ... it charges the internal battery.

Observers often remark on the beauty of Tai Chi. It is quite beautiful to see calm, relaxed, vigorous human bodies moving with maximum efficiency and maximum stability. Tai Chi bodies are deeply in harmony with gravity, deeply motivated by humanity, and stand tall with awareness of the big picture. They move in a way as simple and unaffected as a river discovering the path to the sea.

ABOUT OUR LOGO / MISSION STATEMENT

About Tai Chi Center of Chicago



The symbol above is an adaptation of what Chinese Taoists call the Three Treasures, Three Manifestations, or Three Purities. This ancient cosmological symbol consists of Heaven above, the Earth below, and a middle symbol representing all things between Heaven and Earth. Ancient versions of this middle symbol -- the point of harmony between Heaven and Earth -- have included various forms of the Yin Yang symbol, and the Chinese character for man or humanity.

In Tai Chi terms, Heaven, Earth, and Humanity can be seen as representing lively, calm intelligence (Heaven), a relaxed, rooted foundation (Earth), and a balanced response to real life stresses (Humanity). [In our version the middle symbol includes the alphabet letters T and C, for Tai Chi Center.]

The Goal of Tai Chi Center, Chicago is to create a supportive atmosphere where students learn time-honored skills and adapt them to their lives so that they might live harmoniously between heaven and earth with clear minds and healthy bodies.

THE TAI CHI PROGRAM

With Elizabeth Wenscott the complete system of Tai Chi consists of many forms for martial and spiritual training.

The Chinese Taoist medical tradition holds that when the natural development of the human --- youth, adult, senior --- is matched with correct mental and physical practice, health and longevity are assured. Children need to play with large, expansive, expressive movements. At about the age of 18 people are ready to begin a lifelong study the subtleties of movement while maintaining their youthful high spirits into their middle years. By around the age of 60 youthful expression begins to fade and is replaced with the wisdom of internal practice.

Traditionally in Tai Chi, the highest martial arts, health, and life skills are commanded by senior practitioners --- women and men who are so agile, relaxed, strong, and wise as to be untouchable.



4-Week Introductory Class in Tai Chi Form

All students begin by taking an Introductory class, which meets once a week for a month (4 classes). Students will be introduced to the simple and profound fundamentals of the art, and to the friendly, energetic spirit of our community.

In the course you will learn learn 8 postures out of the 64 postured Yang Style tai chi, as well as the basics of stance and alignment. You will explore how these affect comfort, motion, breathing, balance, relaxation and even the ability to use Tai Chi Chuan as a form of self defense.



Ongoing Classes

Students then may enter ongoing classes at a beginning level and continue learning the 64-posture Tai Chi Chuan form. All forms other than the 64-posture Tai Chi Chuan form are initially taught in special seminars. Weekly classes accommodate practice time for all forms, as well as time to have questions answered by Elizabeth. Weekly classes are structured as a pyramid in order to optimize your learning experience. The more advanced you become the more classes you are able to attend.

It takes approximately 10–15 years to complete the entire Master of Tai Chi program with Elizabeth. However, great benefits of health and awareness can be had within two years. Advancement within the curriculum is based on: commitment, attendance, and individual and group readiness.

THE WELLNESS QIGONG PROGRAM



Wellness Qigong

The Wellness Qigong Form provides a full body energetic workout, with both an internal meditative and external muscular strength & endurance, balance & flexibility focus.

Classes will focus on 3 key components to maximize the stress relief/health/fitness benefits of the practice:

- Deep and synchronized Breathing
- Calming, clearing and focusing of the Mind
- Learning the 36 Movements of this Qigong Form

The class format will consist of weekly instruction on the 6 movements within each of the following sections of the form focusing on these areas of the body, as well as practice of the entire form:

- 1-Neck & Shoulders
- 2-Back & Spine
- 3-Hips, Lower Back & Legs
- 4-Arms & Legs
- 5-Hands, Wrists & Elbows
- 6-Energy Circulation & Internal Organ Strengthening

Guidance will also be provided on the integration of Qigong practices into daily life, with specific attention to body awareness, mindfulness, balanced work, managed stress, healthy eating and a regular exercise program.

To enroll in the Wellness Qigong class call Don Tomei at 773-608-5474 or visit our website www.qigongchicago.com or www.taichicenter-chicago.com for further information.

THE MEDITATION PROGRAM



Private Introductory Class in Meditation (Neigong)

Taoist Neigong sitting meditation has been practiced for thousands of years. Neigong translates as "inner work" or "inner cultivation" and is considered an important part of a Tai Chi person's complete practice. Meditators learn to generate, transform and circulate internal energy for the purpose of health and longevity by stilling, emptying and calming the mind.

Private Neigong instruction will include: The brief history of Kunlung style neigong, personalized preparation for meditation including self care and safety issues. Opening and closing exercises, and sitting meditation.

COSTS FOR TAI CHI PROGRAM

4-Week Introductory Class

Cost: \$60.00 a month.

Ongoing Tai Chi Program

Cost: \$85.00 a month plus one time registration fee of \$10.
\$100.00 all class access in Tai Chi Program (with approval)

COSTS FOR WELLNESS QIGONG PROGRAM

One class per week: \$ 60 per month
Two classes per week: \$100 per month
One-time registration fee: \$10
Mid-month drop in fee: \$25 per class

COSTS FOR MEDITATION PROGRAM

Private: One-time private lesson to learn neigong techniques \$100

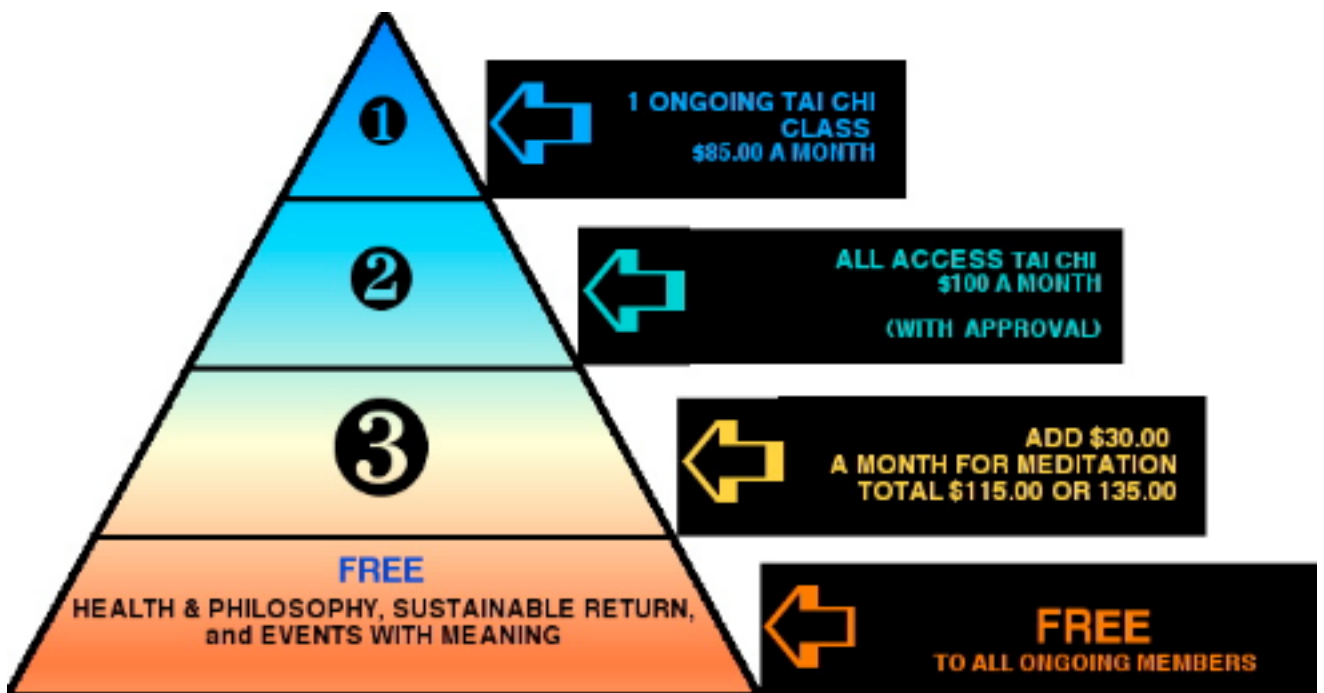
Ongoing Meditation (Neigong)

Cost: \$60.00 a month.

COSTS FOR FAN PROGRAM

Visit: <http://taichi-chicagoland.com/>

PRICING PYRAMID FOR CUSTOMIZED ONGOING TAI CHI AND MEDITATION PARTICIPATION



Prices do not include seminars or meditation initiation fee.

Ask about the discounts given to those that would like to also participate in the Qigong program.

ADDITIONAL SERVICES



Health and Philosophy Study Group

Events With Meaning – www.TC3.US

Specialized Instruction – Private and Semi Private Instruction, Teacher Training, Seminars, Corporate Instruction.



Sustainable Return – www.sustainablereturn.org

Sustainable Return is divided into four categories: Water, Air, Land, and Lifestyle. It has a dual function of increasing awareness and creating a format for student body at large to jointly volunteer for environmental causes in the name of the school.



YOGA WITH TRACY VON KAENEL AT THE TAI CHI CENTER OF CHICAGO

Instructor Tracy Von Kaenel is a degreed dance and yoga instructor with over 20 years of teaching experience. Tracy received her Advanced Level II Certification for Yoga Instructors from the Temple of Kriya Yoga in Chicago.

YOGA CLASSES OFFERED

Aerial Yoga: Aerial Yoga: A six week course that takes your yoga practice into the air for an inspiring combination of regular yoga and zero-gravity suspension. Pre-registration is necessary.

Monday 7:45 – 9:00 p.m.

Beginning Yoga: An entry level class designed for the student with little or no previous yoga experience. Breathing techniques, asanas, and relaxation are all introduced in this class.

Tuesday 6:00–7:15 p.m.

Intermediate Level Yoga: This class is designed for the student who has had at least one year of yoga training and is ready for a more challenging physical asana practice and more advanced breathing and meditative techniques.

Wednesday 6:00–7:30 p.m.

COSTS FOR YOGA (FOR AERIAL YOGA PLEASE CALL FOR MORE INFORMATION)

\$15.00 per class.

\$130.00 for a 10 class pack. (Expiration 15 weeks after the date of purchase.)

COSTS FOR AERIAL YOGA

\$150.00 for a six week session. Full payment due in advance.

Call Tracy Von Kaenel at 773.720.YOGA or visit www.yogachicago.us for more information.

OUR LOCATION

The Tai Chi Center of Chicago
4043 N. Ravenswood Ave. Suite #228
Chicago Illinois 60613
773.396.2653

BUS

Irving Park Bus, #80
Ashland Ave. Bus, #9
Damen Ave. Bus, #50

TRAIN







Kimball Brown line train: (stops at Irving Park Rd., walk a half block north on Ravenswood Ave. to the school)

CLASS SCHEDULE


	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am							INTENSIVE TAI CHI
9:30am						WELLNESS QIGONG	
10:00am	WELLNESS QIGONG		WELLNESS QIGONG				MEDITATION
10:30am							
11:00am						INTRO TAI CHI	
11:30am							
12:00pm							
12:30pm						TAI CHI ALL ONGOING LEVELS	
1:00pm							
1:30pm							
2:15pm						DOUBLE FAN	
3:15pm							
5:30pm							
6:00pm		BEGINNING YOGA	INTERMED. YOGA	INTRO TAI CHI			
6:30pm							
7:00pm				TAI CHI ALL ONGOING LEVELS			
7:30pm	AERIAL YOGA						
8:00pm		TAI CHI ALL ONGOING LEVELS					
8:30pm							
9:00pm							
9:30pm							

WEBSITES TO KNOW ABOUT



TAI CHI RELATED WEBSITES

-  www.TaiChiCenter-Chicago.com
-  www.Facebook.com/pages/TaiChiCenterChicago
-  www.Twitter.com/TaiChiChicago
-  www.TaiChiCenterChicago.blogspot.com
-  www.Youtube.com/TaiChiCenterChicago
-  www.Myspace.com/TaiChiCenterChicago

QIGONG RELATED WEBSITES

-  www.QigongChicago.com

YOGA RELATED WEBSITES

-  www.YogaChicago.us
-  www.YogaChicago.blogspot.com