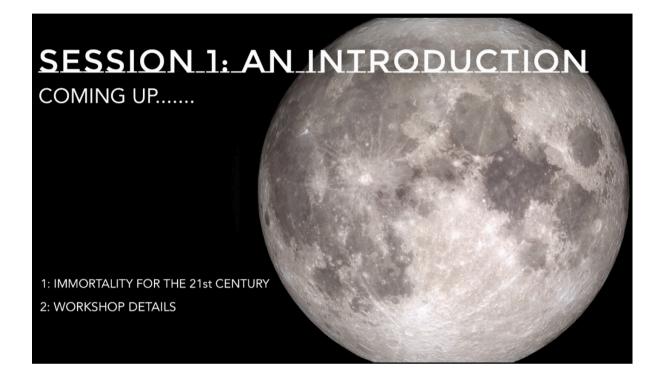
CONTENTS OF WORKSHOP 12

IMMORTALITY FOR THE 21ST CENTURY



SECTION 1

- An introduction to Immortality and Tai Chi with a few words from Alan Watts.
- Workshop PDF and Content Preview



SECTION 2

- Breathing in the Tai Chi Form looking at the different techniques and suggestions for when and where to breathe.
- Concluding the 4 Corners Move non obligatory extra moves that complete the entire 4 Corners sequence.
- Looking at the Form from another Angle Take a walk around each of the postures.
- The Form and nothing but the Form. How to extend and shrink your Tai Chi mini Form.

W12 Form & Finale



SECTION 3

Introduction to the Classics Literature on Tai Chi and it's principal authors Why the CLASSICS can be a better reference and guide over an above your school or teacher (including me and this course).

But do Remember the law of no absolutes - not believing in definitives.

- Chang San Feng
- Yang Lu Chan
- Wang Chung-Yueh
- Yang Chen Fu
- Cheng Man Ching

W12 Form & Finale



SECTION 4

A 3 Part mini documentary on Immortality - sit back with a cup of freshly brewed tea and listen in to how we can engage with the Taoist concept of Immortality in our daily lives.

- Immortality and Health
- Immortality and Taoism
- Immortality and Tai Chi

SECTION 5

Wrapping it up and the end of the course - where to from here? Final Course Survey How to get your Graduation Certificate