



WT Amsterdam 3-10 JANUARY 2020

**The Meaning of the Tai Chi Moves:  
Embodiment and Application**

EXPERIENCESHIP

Dear Tai Chi Colleagues and Friends,

**This Winter in Amsterdam we will highlight the quality of qi and tai chi principle in each part of the tai chi form.**

“Would you like a deeper understanding of the Form?”

In this experienceship we will be working parts of the form.

What is the essential energy?

Embodiment requires conscious effort.

Feel the application.

Combine with partner work.

Take home a roadmap for practice.

We are approaching the form from a new direction, a different perspective.

This winter we are going to have 6 sessions to explore what we have within us, as an individual and as a team. Coming from our long experience of the Tai Chi Form, we will investigate how we can develop our understanding of what we have been teaching all this time.

**ALL are welcome to join** these 6 sessions, however many hours or years you have been teaching. Do join and explore the tai chi principles and meaning of the tai chi chuan form!

Love from Gerrie and Jonathan and the Winter Training Team 2020