



Six Day Tai Chi Workshop



Saturday 18th -Thursday 23rd May 2024

Newmarket - England - UK

We are excited to have Mehrab Khan lead us through a six-day meeting here in the UK.

Mehrab is a senior instructor with the Canadian Tai Chi Academy. He teaches with an emphasis on the Taoist benefits of our Tai Chi, as taught by Mr Moy.

Part 1: Beyond Tai Chi Moves - 3 days (Sat 18th - Mon 20th)

- Learn how to physically implement the Taoist principle of 'Wu-Wei'
- Understand and experience how to practise with proper intention and effortless action
- Practical improvement of your physiology and health using Tai Chi to soften the muscles, line-up the tendons and open the ligaments that hold bones, joints and organs in place

Part 2: Within Tai Chi Moves - 3 days (Tues 21st – Thur 23rd)

- Learn proper timing and connection of each movement
- Understand that the cleanliness of each move is to follow the path of nature
- Gain confidence by learning how to think for yourself when practising each move

Challenge yourself to experience 6 days of dedicated learning and practice

Feel free to come for Part 1 or 2, but places are limited so priority will be given to those people wishing to participate in the six days. Fees are £145 (TCLA members - £135) for the six days, or £80 (TCLA members - £75) for three days, both options include lunch.

Registration: workshop@taichiacademy.org

