



Qigong and Tai Chi

Daoist Alchemy

Satya Sattva Studio

<http://www.satyasattva.com/>



Dr. Adina Riposan-Taylor is IIQTC Certified Qigong Community Practice Leader. Our classes and practice program have been designed under the guidance of The Institute of Integral Qigong and Tai Chi (IIQTC), <http://www.instituteofintegralqigongandtaichi.org/>

Review the biography of Dr. Adina Riposan-Taylor:
<http://www.satyasattva.com/adinas-bio/>

Qi promises:

• **The First Promise of Qi:**
Qi is free, it is everywhere, and everyone has direct access to it through simple methods that are easy to learn and practice. Qi can be cultivated purposefully to resolve any challenge or enhance any function.

• **The Second Promise of Qi:**
Every person who uses Qi cultivation methods consistently experiences some form of health improvement and personal access to greater energy and power.

• **The Third Promise of Qi:**
Qi Cultivation is easy if you let it be.

Qigong and Tai Chi are internal Chinese meditative practices for Mind-and-Body health which use slow graceful movements and controlled breathing techniques that strengthen your mind-body connection, reduce stress, promote serenity and improve circulation thereby enhancing the practitioner's overall health.

Qigong and Tai Chi are traditionally viewed as practice to cultivate and balance Qi – or “intrinsic life energy” – through rhythmic breathing coordinated with slow stylized repetition of fluid movement, a calm mindful state, and visualization of guiding qi through the body. Qigong is now practiced throughout China and worldwide, and is considered to be exercise, as well as a type of alternative medicine or meditative practice. From a philosophical perspective qigong is believed to help develop human potential, allow access to higher realms of awareness, and awaken one's “true nature”.

Tai Chi is an internal Chinese martial art practiced for its health and longevity benefits. Today, Tai Chi has spread worldwide. A multitude of training forms exist, both traditional and modern, being especially known for being practiced at slow movement.

Learn about **Qigong and Tai Chi research** from IIQTC:
http://www.instituteofintegralqigongandtaichi.org/qigong_tai_chi_research/
Review the biography of IIQTC Director: Dr. Roger Jahnke:
<http://www.felttheqi.com/IIQTC/qigong/nih-bio.html>

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