

# Tai Chi Class with Adina Satya Sattva Studio

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



**Dr. Adina Riposan-Taylor**

<http://www.satyasattva.com/adinas-bio/>

*200-hr IIQTC Tai Chi and Qigong Certified Teacher*

*Wu-Style Tai Chi Certified Teacher*



Adina's class introduces a variety of styles and forms, both traditional and modern. The teaching style and pace adapts to the students' profile, starting at the beginners level and reaching more advanced levels and more complex forms as the students progress in their practice.

Regular practice develops peace and serenity, balance and harmony, connection with Nature, addresses health

and prevention, as well as muscle and tendons transformation in the more dynamic forms. We ultimately aim to awaken our True Nature and Eternal Self!

## Styles and forms included in the class:

### Integral Tai Chi

(Long 9/18 form, based on Yang, Chen, Sun, and Wu styles Tai Chi)

The Integral Tai Chi method is a 9-movements Tai Chi form (practiced on each side) that integrates several of the traditional *Yang, Chen, Sun, and Wu style movements*, and can be practiced in several ways: **stationary** (standing or seated) or in combination with **Tai Chi Walking**. All traditional Tai Chi movements have martial application (e.g. self-defence), however, when practiced in the slow soft form for peace and tranquillity, for healing and therapeutic benefits, for stress management and disease prevention, the focus is always aimed at relaxation, gentle movement and meditation.



**Note:** For complete beginners, we shall start with a simplified Short 5/10 form, based on Yang style Tai Chi. The teaching method is very easy to understand and follow, developed in a structured and progressive sequence, that allows beginners to join in and follow along starting day 1 of practice; it provides a good basis for learning and liking the Arts, as well as for further advancing the practice in traditional forms.

### Wu Style Tai Chi

Traditional Tai Chi style transmitted by the Tai Chi Teacher Kai Van Bodegom (Nourishing Life) and Chinese Tai Chi Master Yang Cheng Long. Wu Style Tai Chi may be practiced in the *long* or *short* form.

Our classes provide the practice of the short **18-form Wu Style Tai Chi**, as well as *Wu Style Qigong* and *Wu Style Meridian Stretching*.

