



# Daoist Tai Chi

Get fit & healthy, Relax De-stress, Get suppl  
Boost your Energy (Qi), Feel more confident

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## Benefits of Daoist Tai Chi – called Lishi

The benefits of Daoist exercise systems are phenomenal and if you are looking to improve your health, fitness, confidence or well-being in any way, then you are lucky to be reading this flyer.

Our classes and courses are friendly and welcoming with people of all ages and abilities. You are very welcome and are guaranteed to have fun, so if you think this could be for you, come along. All you need is loose comfortable clothing (e.g. tracksuit bottoms, T-shirt and trainers).

You will learn:

- ◆ Daoist culture and philosophy
- ◆ How to keep fit and healthy
- ◆ How to improve your posture
- ◆ How to move effectively and efficiently
- ◆ How to defend yourself
- ◆ How to eat well
- ◆ How to improve your concentration & memory
- ◆ How to use and develop your energy



The graceful movements are based on breathing techniques and the use of qi (chi) energy. This means the movements are soft and fluid but also very powerful, and can have great health benefits. Fast but also slow; light but also heavy. You will learn many things that will benefit your life.

**Your local class is at:**

Thornton Village Hall,  
Thornton le Dale (Alternative venue when auction on)

9.00am to 10.30am **Saturdays £7.00**

For more details contact Phil on 07921100188,