

# CONTENTS OF WORKSHOP 12

IMMORTALITY FOR THE 21ST CENTURY



## SESSION 1: AN INTRODUCTION

COMING UP.....

1: IMMORTALITY FOR THE 21<sup>st</sup> CENTURY  
2: WORKSHOP DETAILS

### SECTION 1

- An introduction to Immortality and Tai Chi with a few words from Alan Watts.
- Workshop PDF and Content Preview



## SECTION 2

- Breathing in the Tai Chi Form - looking at the different techniques and suggestions for when and where to breathe.
- Concluding the 4 Corners Move - non obligatory extra moves that complete the entire 4 Corners sequence.
- Looking at the Form from another Angle - Take a walk around each of the postures.
- The Form and nothing but the Form. - How to extend and shrink your Tai Chi mini Form.



### **SECTION 3**

Introduction to the Classics Literature on Tai Chi and it's principal authors

Why the CLASSICS can be a better reference and guide over an above your school or teacher (including me and this course).

But do Remember the law of no absolutes - not believing in definitives.

- Chang San Feng
- Yang Lu Chan
- Wang Chung-Yueh
- Yang Chen Fu
- Cheng Man Ching



## **SECTION 4**

A 3 Part mini documentary on Immortality - sit back with a cup of freshly brewed tea and listen in to how we can engage with the Taoist concept of Immortality in our daily lives.

- Immortality and Health
- Immortality and Taoism
- Immortality and Tai Chi

## **SECTION 5**

Wrapping it up and the end of the course - where to from here?

Final Course Survey

How to get your Graduation Certificate