



Tai Chi and Meditation: Protecting the Movement of Life Denver Program

Larry Welsh

Tai chi ch'uan and mindfulness meditation uncover our basic gentleness, strength, health and compassion. Learning how to transform impatience into presence; anxiety into groundedness; fear into fearlessness; and hurry into peace is essential for our times. Cheng Man-Ch'ing's Eight Ways of Tai Chi and mindfulness meditation are precious medicines that anyone can learn to practice anywhere, anytime. Participants will learn the first four postures of the Eight Ways and discover how to nourish their chi without harm, promoting health in every moment.

Tuition \$85

This program will be held from 9am to 5pm at Eliot Street Studio, 2460 Eliot Street, Denver, CO.



Larry Welsh, MAc, MA, has trained in the Yang-style short form, listening hands and sword form of tai chi ch'uan since 1977. He practices Japanese classical acupuncture, herbal medicine and whole-food nutrition in Boulder, Colorado. Larry is a senior adjunct professor and mindfulness meditation teacher in the Traditional Eastern Arts program at Naropa University.

Shambhala Mountain Center is located on 600 acres of pine forests, gentle meadows and sweeping valleys near Red Feather Lakes in the northern Colorado Rockies. For more than 40 years, people have gathered here to explore Shambhala teachings or to partake in one of our many programs featuring wisdom traditions, body awareness practices, contemplative arts, or other paths of personal transformation. Come breathe our mountain air as you deepen your understanding, and cultivate wisdom and compassion.

Tai Chi and Meditation: Finding Peace Within Movement

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Tai chi ch'uan and mindfulness meditation uncover our basic gentleness, strength, health and compassion. Learning how to transform impatience into presence; anxiety into groundedness; fear into fearlessness; and hurry into peace are essential for our times. The precious medicines of Cheng Man-Ch'ing's Eight Ways of Tai Chi, listening hands and mindfulness meditation are easy to learn and practice anywhere, anytime. We will also explore the movement of the five seasons and five elements, as they guide us to return to balance and health. Please read and bring *There Are No Secrets* by Wolfe Lowenthal and *Practicing Peace in Times of War* by Pema Chodron. These books will guide our study and deepen our embodiment of tai chi and meditation.

Tuition \$150 + 2 nights



For more information, registration or to request a free catalog:
www.shambhalamountain.org | (888) 788-7221