

## WINDRIVER INTERNAL MARTIAL ARTS AND IMAAHE ARE PROUD TO ANNOUNCE



### **Grandmaster Sam Tam's Fifth Annual Tucson Workshop Focusing on the health and healing aspects of the Chinese Internal Arts. Tucson, AZ - February 20 - 21 2010**

Master Tam's methods of teaching and demonstrating the internal martial and healing arts will provide a deeper understanding and lasting learning experience for students of all skill levels and styles. His ability to teach and demonstrate the use of Qi both for healing and the internal Tai Chi skills of yielding and no force will provide you with a unique opportunity to improve your own skills and understanding. Master Tam's ability as a true Master and educator in articulating, demonstrating and using Qi and the internal principles has gained him many students around the world, including many well known and respected martial arts teachers and health practitioners.

the workshop will focus on developing and cultivating Qi and demonstrate how this translates not only to Tai Chi and Qi Gong practice but also to personal skills enabling you to promote better health for yourself.

This weekend workshop will include:

- Zhan Zhuang (Standing Meditation): Correct standing posture is a crucial key to gaining the benefit from this ancient practice of whole body integration and Qi development.
- Qi Gong and How to Impart the Qi into your everyday health practice.
- Maintaining Qi through partner exercises
- Demonstration of Tai Chi Principles
- Question and answer time
- Opportunity to touch hands with a living Master of the Internal Martial Arts

To register for the workshop go to: <http://www.wrtaiji.com/>. Again, the workshop dates will be:

- Saturday February 20, 2010
- Sunday February 21, 2010

Location and additional details will be provided to registered participants prior to the workshop dates. If you have any questions please feel free to contact one of the Event Coordinators.

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