



Why Tai Chi training helps us to live better

Authentic Tai Chi offers help with so many of the things which can make all our daily lives difficult and frustrating. Whether it's poor health which dogs us and makes life miserable, a lack of fitness which limits what we can do, low self-esteem and self-confidence or a general inability to deal adequately with life's ups and downs, Tai Chi offers a way through.

It helps us find out about ourselves and gives us a fresh outlook on how the world works. As we improve our physical well-being and learn to calm the mind, our emotional stability is improved. Tai Chi helps us develop a sense of perspective and self-control which stops us feeling overwhelmed and helpless. We learn to listen to our inner self and to respond in a way which is best suited to the situation so that eventually this all happens naturally and instinctively.

As a result, the character of our dealings with those around us will change and our self-belief will grow. We become more self-reliant, learning to adapt and accept.

Sources of friction, dis-satisfaction, anxiety and discomfort are reduced and become more manageable and so we get more out of life.

