

Transition to internal cultivation continues

Workshop led by Sifu Patrick Leung

Saturday April 28 to Tuesday May 1

in Leidschendam/Netherlands

Objectives:

→ Continue the application of spine spiraling with the interaction of the hip bones and the tailbone.

→ Understand and practise the relationship between breathing, intent (意), and Qi.

In this workshop we will gain further understanding of the important relationship between Tai Chi, Qi Gong and meditation. We will focus on the practise of the important aspects to get the benefits of the balancing between body and mind.



Hosted by Kin San Tai Chi Academy

Location: Gym school 'De Zonnewijzer' Rijnlandstraat 159, 2265 Leidschendam/Netherlands

Times: All days 9.30 am-4.30 pm

Registration: send email to j.m.verduyn@planet.nl or call 0031644570694

Cost: 4 days €145 / 3 days €110 / 2 days €75 / 1 day €40 (lunch included)

Accommodation: with members if available or arrange your own



Patrick Leung

Patrick started studying the external martial arts at age 15. These studies included Tame Tiger fist set, twin blades saber, and long staff. In 1983, Patrick started his studies of Taoist Tai Chi and internal martial arts with the late Master Moy.

Patrick's enthusiasm and dedication to the learning of these Taoist arts resulted in him being asked by Master Moy to provide translation for many of his classes at different locations.

Patrick taught Tai Chi after work programs, as well as many after school programs in the greater Toronto area in Canada. While working in China for many years, Patrick continued his study of the internal martial arts with local masters in Wuhan, GuangZhou and Hong Kong. Patrick holds a 2nd degree black belt in Taekwondo, and was a visiting Taekwondo instructor in an ITF Taekwondo school in Wuhan, China. Patrick has also participated as referee and judge in many Taekwondo tournaments. Patrick continues his dedication to the internal martial arts and is currently teaching - mainly Taoist Tai Chi form and Lokhup - in Ontario/Canada.