

Sunday Playhouse- **Now on Zoom**
November 22nd 9:30AM to Noon

Wu Qin Xi The Five Animal Frolics

The Tiger Form



Tiger

Join us in an ancient system of self-care and healing. The Frolic for Fall is the Tiger. Learn these fun movements and their relationship to the Chinese 5 Element Theory of Medicine and Philosophy.

On ZOOM

Registration information
below

The Five Animal Frolics is one of the oldest choreographed health exercises in the world, developed by China's greatest physician, acupuncturist and surgeon, Hua T'o (b. 190 AD). Hua T'o realized that the best way to prevent disease and to aid self-healing was through movement. "The door hinge won't rust as long as it's used. Exercise allows the qi and blood to flow freely. If the energy circulates from the center to all the extremities, one will remain in perfect health. If one furthermore stretches and twists, then this will keep the body trim. This is the doctrine of Dao-in."

The Animal Frolics consist of exercises modeled after the Crane, Bear, Deer, Monkey, and Tiger.

With Tiger, Yin (softness) is concealed within Yang (power) in movement like a hurricane wind, in stillness like the tranquil evening moon. These movements relate to the lungs and kidneys. More than any of the other animals, the Tiger works on the muscles, tendons and skin. Feel deliberate and calculating, keeping eyes spirited and claws. **Fierce!**

Cloud Hands Tai Chi Association
Bob Shapiro Instructor

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The Five Animal Frolics can dramatically impact your health, whatever your age or background. Easy to learn, a joy to perform, their regular practice will boost your play and work. The frolics are an ideal adjunct for health professionals wishing to enhance their performance, for martial artist, dancers and other active people. They work equally well to relieve stress and enliven those with more sedentary occupations.

Sunday Playhouse- November 16th 9:30 AM to 12:30 PM
Cost: \$40 including workshop, Syllabus with information on Theory, Descriptions and pictures of Forms, and a Demonstration Video

Tiger Frolics

Name _____

Phone _____ e-mail _____

Please send registration and funds to Bob Shapiro,
17045 Llama Lane, Bow WA 98232

OR

Now excepting electronic payments through **Zelle**[®]
use bobshapiro@cloudhandstaichi.org to transfer funds

for info on Zelle <https://www.zellepay.com/>

Questions? e-mail BobShapiro@cloudhandstaichi.org