

Fall 2007

NEWS

For information on Tai Chi, Chi Kung, Reiki, Chinese Massotherapy, Integrative Healing and more, visit: www.risingtao.ca

Tai Chi

The dance of health

Enhances mental functions and physical energy

Tai Chi is a gentle and stress releasing form of Chinese traditional exercise. It resembles a slow choreographed dance and is sometimes called meditation in motion because of the relaxed state it induces in practitioners.

Tai Chi consists in a number of movements that exercise all of the body's muscles and joints. It helps restore and enhance balance, mental functions and physical energy. In China people practice it well into their 90's as an important part of their general health maintenance, and enjoy excellent health without the use of medication.

With origins in ancient Chinese martial traditions (the name translates as "grand ultimate fist"), Tai Chi has developed into a therapeutic mind / body health discipline practiced by millions worldwide. It is a great way to exercise because it is low impact and requires no equipment.



Creates a more focused and productive life

A large and growing body of scientific evidence supports Tai Chi's efficacy for health. Studies demonstrate that Tai Chi rejuvenates health by enhancing the body's immune system functions. Practitioners enjoy greater immunity from colds and flues and other ailments because they have higher T-cell counts.

Tai Chi builds up immunity and energy and this in turn protects hard-working people from falling sick.

Tai Chi also reduces stress and this creates a more focused and productive life. People who are relaxed make better decisions and fewer errors.

Scientific evidence supports Tai Chi's efficacy for health

Rising Tao Integrative Health offers you both customized small classes and private, one-on-one sessions in Tai Chi. Should you desire it, we will even teach you Tai Chi in your office or home.

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Chi Kung

Mastering body and mind

Still your mind, relax your body

Chi Kung (“breath work”) is an ancient Chinese tradition of meditation and mental concentration techniques. It includes breathing exercises and controlled body movements that still the mind and relax the body.

Millions of people in China and around the world practice Chi Kung to keep “chi” (energy) at high levels in the body. High chi levels ward off diseases, keep the immune system strong, and balance energy and blood circulation in the body. This in turn reduces stress, increases mental clarity, and enhances physical vigour and stamina.

Business people, lawyers and other professionals are flocking toward meditation

Chi Kung is an integral part of Chinese medicine, which is based on prevention. In Chinese hospitals, patients are taught Chi Kung in order to speed up their recovery from cancer, heart disease and many other illnesses. Medical studies demonstrate that Chi Kung remedies stress, indigestion, constipation, insomnia, asthma, high blood pressure, depression, bronchitis and many other disorders.

In the West, business people, lawyers and other professionals are flocking toward meditation. Many professionals are moving in this direction for stress relief, more energy and greater focus.

Testimonials

“I have been studying Tai Chi with Craig Cormack for almost four years now. I’ve lost and kept off almost 40 pounds, my blood pressure is normal, and my joints have become stronger and more flexible. My balance and muscle tone has increased as well. Mentally, I’m calmer and more focused. Tai Chi is a gentle but thorough way to work the muscles of the body. I would recommend it to anybody looking to improve their health.”

Angela Brewer,
Science Lab Technician

“Thank you Craig for saving my life [through Tai Chi] and for creating an environment that can help cure the pain not only physical but also moral due to exhaustion. You have respected my condition, not imposing a certain rhythm of apprenticeship that would have put too much pressure and I am also grateful for that approach.”

Louise Renaud,
Lawyer, Professor of Law,
Université de Montréal

“I have always been one to explore new avenues for managing stress and achieving optimal general health and balance. Chi Kung has been an absolutely marvelous tool in my arsenal. It is both easy to learn and follow, and requires a minimal daily time commitment. Your course was enjoyable, informative and well thought out.”

Marc Elman, C.A., CBV,
Ptack Schnarch Basevitz
Chartered Accountants

“Craig is a patient, understanding and gracious teacher. The class [in Chi Kung] has been an oasis.”
Althea Russel,
Homemaker

Courses and sessions

Contact Rising Tao to find out about upcoming courses and sessions in Tai Chi, Chi Kung and Chinese Massotherapy. Private, one-on-one sessions in your home or office are also available.

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