

Download Mindfulness With Tai Chi

It is extremely difficult to bridge the gap between actually doing the tai chi form and improving your meditative-mindful state. On one hand, doing the form feels good and we definitely feel better afterwards. In our Tai Chi training we are often told to be mindful. So what is mindfulness, and why is it important to our practice of Tai Chi Chuan. Mindfulness is being aware, in the moment, being present in what you are doing and where you are at that moment. I started Tai Chi in 2001 after completing my Internship year of Medical Residency at Jackson Memorial Hospital in Miami. Instead of 80 hours a week, it would now be 60. Find out how the ancient Chinese martial art of Tai Chi can help you become more mindful in your daily life.