

Cork Open Centre

www.TaiChiCork.com

There Are No Secrets



Taoist Breathing and Meditation

The **Cork Open Centre** offers various **Taoist exercises** for internal well being. **Taoist meditation** and **Chi Kung** enhance the life-force (Chi) and thus strengthen the body's immune system. **Chi Kung** is the most powerful **Taoist esoteric exercise** for toning muscles and creating internal power. The purpose for practicing **Taoist visualization meditation** is to open the governor and conception channels called the microcosmic orbit.

The Instructor – Detlef Decker

I had the privilege of studying Tai Chi Chuan under the guidance of two renowned Grand Masters in New York City, **Grand Master Don Ahn** and **Grand Master Yu, Cheng Hsiang**, both students of the legendary late **Professor Cheng, Man-ch'ing**.

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