

## YEN-NIEN DAOGUAN, MADISON

### NOON HOUR TAIJI IN THE ARBORETUM

Don Coleman will be offering five (5) beginner Yangjia Michuan **Taiji quan** classes during the month of June 2010 at Longenecker Gardens adjacent to the Arboretum Center here in Madison. This is an opportunity to practice developing tranquility and contentment in a beautiful natural setting.

**Dates, Days and Times:** 12noon to 1pm Wednesday's June 2, 9, 16, 23, & 30

**Fee:** For new student's there will be a fee of \$5.00 per session. For students who are already signed for regular Springs Classes at the Daoguan there is not fee.

**Attire:** Loose fitting clothing with flat soled shoes is best. Please bring an Umbrella in case of rain.

**Location and Directions:** On the east side of the Arboretum you will enter it from where Wingra Dr. and Arboretum Drive intersect. If you are entering the Arboretum from the West side you may gain access on Seminal Highway; Look for the Arboretum sign at the entrance to the Arboretum.

Whether entering the Arboretum from West or East follow the access road to its end and you will arrive at the Arboretum Center. Just to the West (left side) of The Center you will see a grove of trees and plants and a sign that says **Longenecker Gardens**. Walk directly into the gardens behind the sign and that is where we will practice.

**Questions:** please call Don Coleman at 608 438-7028 or email him at [Taijicoleman@yahoo.com](mailto:Taijicoleman@yahoo.com)

Taiji quan Master Wang Yen-nien said:

“The Principles of Taiji quan originated with Laozi, who said, “concentrate your qi (the breath or spirit by which all things are vitalized) on becoming supple. It was during the Tang Dynasty (A.D 618-907), however that two men Xu Xiangping and Li DaoZhi transformed Laozi's abstract ideas into a particular form. They called it Chang quan (the continuous blow) to emphasize its inexhaustible, never-ending character.

Taiji quan, an internal martial art suitable for men and women, young and old, stresses natural cultivation of qi without using strength, and strives to develop a strong, malleable body and gentle movements.