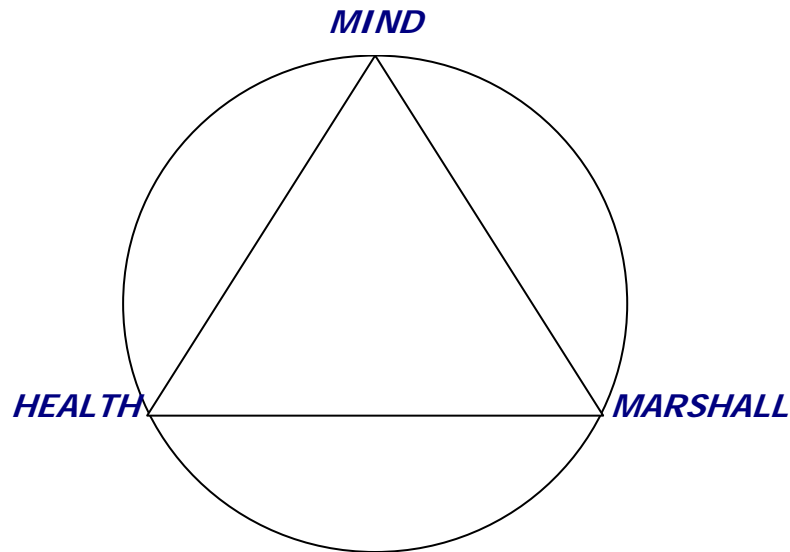


THE REAL TAIJI



Well, I used to think Tai Ji was spelled Tai Chi and that it was for the more mature of the female species. I used to think that it was just something to for these people to get out of the house!

Boy, was I ever wrong!

We have all heard about the many health benefits of Taiji, but as you can see from the diagram above the health benefits are just one part and really are a consequence of the other two points of the triangle.

This is really is a mind activity and a serious form of marshall arts.

The focus is on awareness and relaxation. Through this comes the ability to:

1. Neutralise stress within the mind (which we all experience), and
2. Neutralise external or physical stress (i.e. someone hitting you)

This stems to having a healthy body.

The real benefits of Taiji are:

- Inner peace
- Inner power
- Marshall power (self defence and boxing)
- Amazing core strength
- Ongoing health benefits

The best thing to do is try it for your self:

Check out www.heavenmanearth.com

Or call Andrew MacKenzie on 0406367321