

Okinawan Karate Clubs
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Tai Chi



Tai Chi and Qigong for stress control and relaxation unlocks, what are for us, the mysteries of this ancient art. In contrast to traditional Western medicine, Tai Chi and Qigong recognizes the interdependence of mind, body and spirit. Its gentle exercises bring balance and harmony, and allow the chi to flow.

Qi Gong



Your body includes physical and mental parts. The physical body is considered to be Yang in Chinese Qigong, and the mental body, which is closely related to the Chi, thinking, and the spirit, is thought of as Yin. Only when these Yin and Yang parts of your body balance each other harmoniously do you have real health. In other words, to have true good health, you must have a strong physical body and a healthy Chi body and mind. When you have both, your spirit can be raised and your whole being will be vigorously alive.

www.okinawankarateclubs.com

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