



Temple-Style Tai Chi

‘Moving Meditation and Chi Kung’

with Eric Romanak

Temple Style Tai Chi promotes meditation as a way to generate internal energy and health. An internal (temple) style stresses inner health and the cultivation of chi, or internal life energy.

A series of moving postures and meditative techniques are used to sink the practitioner into a relaxed and focused state. Thus leading to a reduction in tension, as well as a dramatic awareness and increase of our life energy (chi). Tai Chi is not a mystical art. It is a study of subtlety, and the energy that is behind our movements.

The most popular aspect of Tai Chi is the moving meditation form. It generally looks like a graceful calisthenic, or a series of martial arts moves. It is usually done at a slow, relaxed pace which makes it highly accessible to all.

Tai Chi Benefits: (From MayoClinic.com)

- Reduce stress
- Increase flexibility
- Improve muscle strength and definition
- Increase energy, stamina and agility
- Increase feelings of well-being
- Reduce anxiety and depression
- Improve balance and coordination

Eric Romanak studies Tai Chi under Sifu Jason Hawkins of Three Rivers Martial Arts Academy, Junior Master George Bolger, and Master Waysun Liao of The Tai Chi Tao Center in Oak Park, Illinois.

Eric also holds rank in Royce Gracie Brazilian Jiu Jitsu, Filipino Kali, Jun Fan Gung Fu, and Yoshinkan Aikido

“Tai Chi is an art of self discovery”

Mondays
5:30pm - 6:30pm

4-Week Series

May 5th-26th

June 2nd-23rd

June 30th-July 21st

signing up for series is not required
beginners welcome into any class

Per Session.....\$10

One 4-Week Series.....\$30

Made Payable to Instructor

For more information contact:

Eric Romanak

(270) 210-7842

email: romiwan@yahoo.com

www.EricRomanak.com