

## The art of relaxation

*Tai Chi is a simple yet sophisticated relaxation exercise that helps mind and heart to let go of tension*

KEEP FIT

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**T**AI CHI & Qi Gong are exercises that are integral part of traditional Chinese medicine. It is helpful in treating stress problems, depression, anxiety, illnesses & injuries. Many people use it as tonic to enhance their peak performance.

If you want to find a calm centre in the middle of life's storm of change, while also

toning your muscles and healing your mind and body, Tai Chi and Qi Gong are just what the doctor ordered. It simultaneously heals physical, mental, emotional and spiritual ailments. You can boost your energy levels, dramatically improve your health, slow your ageing process and become more creative.

Tai Chi is practised by 20% of the world's population and is fast becoming the most popular exercise in the world today.

Tai Chi is simple yet a sophisticated relaxation exer-

cise that encourages the muscles to let go of tension, the mind to let go of worry and the heart to let go of angst. Tension, worry & angst all block our Qi flow. The more we let go, relax, and open, the more easily and healthy the energy flows through us.

Too much exercise is not very healthy. We strain our joints and tissues running on pavement or in other high-impact exercises without paying much attention to the toll it can take on your body. Or for that matter the toll on your mind, as we often listen to loud music or watch the news while scurrying through exercises. Studies have shown that loud noises and excessive TV watching can actually elevate damaging stress respons-



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es. When you practise these exercises, let yourself take a break from the rat race, the noise, and the endless demands of the day. Practise these in silence, hearing only your breath and the motion of your body. Let your mind be filled with the experience of letting go of everything.

Tai Chi is not only a great physical workout and health tool, but can heal us mentally and emotionally by changing the way we look at life. It shows us that life does not have to be that hard. It is a soothing balm to our frayed nerves. Its goal is to weave silken threads of calm into our lives, soothing us as we face the day-to-day life.

The goal of Tai Chi is to move through a series of choreographed movements like slow martial arts routine, but very slowly and in a state of complete relaxation. In order to do this, we have to let go of our mental/physical tensions, grudges, prejudices and anything that keeps us tied to the past. This enables us to flow easily into the future by clearing our mind and body of old stress so that we constantly get a fresh perspective on life. It is designed to uncover & release every single place we hold tension or blocked energy. Tai Chi is helping the world to get a healthy, enjoyable view of exercise. ■

*(Kiran Sawhney is a fitness trainer)*