

# What is T'AI CHI ?



Originating in China, T'ai Chi is an ancient form of energy cultivation and self-defense. With T'ai Chi, one may attain exceptional mental and physical health and vitality. T'ai Chi also helps one to become centered and balanced.

Satisfying to learn and simple to do, practicing these

calming movements refines one's being while producing tranquility of mind. T'ai Chi is an enjoyable, moving meditation.

## THE GOLDEN FLOWER INTERNATIONAL ASSOCIATION

The Golden Flower International Association, was founded in 1984 by Master San Gee Tam in London, England. Today, there are more than 50 certified instructors worldwide, leading schools in England, Continental Europe, the United States and Omsk, Siberia. We are also an international community of friends, brought together by our common interest in T'ai Chi. We encourage students to take advantage of the opportunity to travel and visit each others' schools.

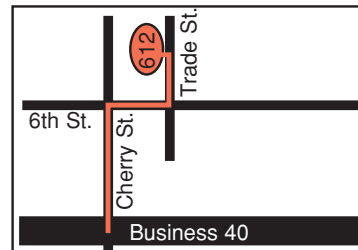
## Master SAN GEE TAM

Master San Gee Tam, the Founder of the Golden Flower T'ai Chi Association International, has been teaching T'ai Chi, Taoist meditation and healing since 1975.



His work has taken him around the world for over 30 years. Master San Gee Tam has trained for several decades with foremost Master Teachers of meditation and subtle energy disciplines including Internal Martial Arts, Taoist Yoga and Integral Healing. He is also expert in a variety of Western disciplines relating to health and personal development. His T'ai Chi foundation includes over 13 years of full-time individual training with Master Chu King Hung, direct lineage representative of the Yang family. Master San Gee Tam is also a Mentor and teacher of the Universal Way with the revered Taoist Master Hua Ching Ni.

Master San Gee Tam now resides here in the United States and is engaged in developing the Golden Flower School throughout the United States.



### GOLDEN FLOWER TAI CHI CENTER

**OPEN:** 12:30pm and 6:00-9:00pm weekdays.

**STORE:** We have a store with T'ai Chi clothing, shoes, yoga mats, videos, books, dietary supplements and other goods. Gift Certificates available.

**PHONE:** (336) 727-1131

**WEBSITE:** [www.goldenflower.org](http://www.goldenflower.org)

**E-MAIL:** [info@goldenflower.org](mailto:info@goldenflower.org)

**ADDRESS:** 612 N Trade Street  
Winston-Salem, NC 27101

**The Golden Flower  
Tai Chi Center**

Gathering place for physical and spiritual wellbeing

Offering Instruction in T'ai Chi Chu'an  
Taoist Meditation  
And other forms of energy cultivation



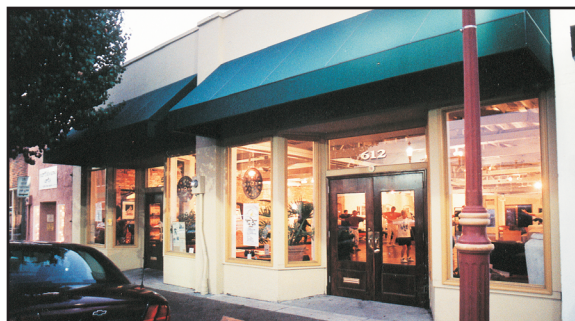
# Why Study with THE GOLDEN FLOWER TAI CHI SCHOOL?

- The Golden Flower School offers:
- Free introductory classes
- Convenient daytime and evening classes for all ages and abilities including children and seniors
- Certified instructors under a master Teacher with over 30 years of international teaching experience
- Authentic T'ai Chi from the Yang Family Lineage taught in a way that is accessible to Westerners
- Advanced studies in all areas from Martial Arts to Healing and Spiritual Cultivation.
- Class formats that allow each student to progress according to his or her individual interests and pace.



## Other ACTIVITIES

We arrange T'ai Chi holidays and hold an annual summer retreat. The Golden Flower Center also offers other programs of interest and hosts visits from eminent teachers and Masters in related fields.



## THE GOLDEN FLOWER SCHOOL

The Golden Flower T'ai Chi School is dedicated to the support and empowerment of its students. We provide guidance according to your goals, ability level and interests. All programs are organized into clear, progressive studies. Classes are generally kept small to allow for adequate individual attention.

We also offer professional level training, an instructor certification program and advanced training in a variety of related practices.

### LEVEL 1: THE GOLDEN FLOWER FORM

The Golden Flower Form is a series of slow, flowing movements that express the principles of T'ai Chi. The form is easy for the beginner and yet, at the advanced level, challenging to the adept.

Although you can learn the form in about six months, we encourage people to take their time and learn at their own pace. The Golden Flower Form is all most people would ever need to get the full benefits of T'ai Chi practice. It is also an excellent foundation for further studies.

### ADVANCED & SPECIALIZED STUDIES

- Advanced Golden Flower studies
- "Small Circle" Internal Power Method
- Pa Kua Chang & Hsing I Chuan
- Chi Kung, I Chuan
- Pushing Hands
- Self Defense and Martial application
- T'ai Chi Weapons Forms
- Taoist Meditation and energy cultivation
- Chi Healing
- Young People's Program
- Professional Level and Instructor Training
- Private Tuition available



## What are the BENEFITS of TAI CHI?

### STRESS MANAGEMENT

### BALANCE

With practice, your health improves, your emotions become calmer and your mind clears.

You develop valuable qualities such as concentration, patience and inner strength.

You improve the quality of your life by learning to apply superior principles of action.

You become more in harmony with others and more effective in your endeavors.

T'ai Chi generates the energy for self-motivation, supporting you to meet life's challenges with confidence and vigor.

