



Harmony Farm

THE BENEFITS OF TAI CHI

Tai chi began thousands of years ago. Tai Chi has evolved through the centuries to become a wellspring of relaxation, rejuvenation, strength and clarity. There are many forms, styles and schools of Tai Chi to choose from. Regardless of the mode or system, it is the internal energy, the “Chi” that is being cultivated.

The circulation of “Chi” is cumulative in effect, and every time we practice we add more “Chi” to our internal reservoir. Benefits of this ancient practice permeate every level of our existence with balance, healing, deep calm and powerful inner peace.