

February 18, 2017 - Presentation by Ron Erdman-Luntz

Tai Chi Chuan (Taijiquan): The Most Complex Form of Qigong

Tai Chi, the art of balancing yin and yang, is a combination of Chinese martial arts and qigong. Tai Chi is referred to as an internal art. This internal aspect is chi flow. We will explore Tai Chi as a dynamic, complex system of qigong with demonstration, explanation, and participation.

Presenter Biography

Ron began the study of yoga and meditation at the age of 16. Four years later he dedicated himself to the study of tai chi and qigong. As a full-time tai chi teacher Ron has shared his passion, insight, and talents with thousands of students.

Ron teaches group and private classes, workshops and online classes.

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