

happiness & its causes

Himalayan Buddhist Meditation Centre

a city centre for Buddhist study and meditation, established 1982
keshar mahal marg, themel, Kathmandu

'dharma and the city' 2009 programme

tai chi & chi kung

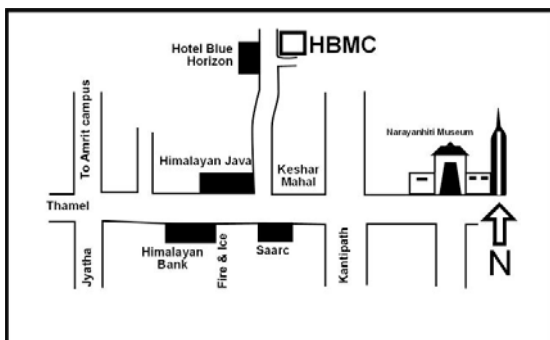
every saturday 10.00 am to 11.30 am

Taichi has been practiced in China for centuries as a martial art, as an exercise, as walking meditation, and as a means of improving the flow of internal energy within the body. Taichi is also a preventative and curative branch of Chinese medicine. Because of taichi's emphasis on correct form and feeling each movement, it is practiced very slowly and gently. It is completely non-impact, yet involving the entire body.

Taichi promotes strength, stamina and flexibility; while tempering the joints of practitioners. As the whole body moves as one, Taichi cultivates the link between mind and body, enhancing balance and coordination; for the body it is an exercise, for the mind it is a study in concentration, will power, visualisation, and a system of spiritual meditation.

Mr Macha Ratna Maharjan, Taichi instructor, joint secretary of the Nepal Taichi Chuan Federation and international competition medallist: Gold in 5th International Tai Chi Championship 2000, Tai Pei; Silver in 6th Zhong hua Cup International Tai Chi Championship 2002; Silver in 10th South Asian Games 2006. Macha has been practicing tai chi since 1989 with shifu Karma Lama.

HBMC is delighted to offer this new specialised addition to our programme, come and start your Saturdays with a two-hour taichi session, **no advanced booking required**. Please contact hbmc for drop-in and special monthly rates.



If you are interested in any of our activities, please visit us at HBMC, Temple Tiger Apartments, Keshar Mahal Marg, Thamel, Kathmandu, near the Garden of Dreams, or contact us on **4410402**.

email: hbmc.programs@gmail.com

website: www.fpmt-hbmc.org

we are open 7 days a week 8.00 am to 6.00 pm

HBMC is proudly affiliated with the FPMT international organization, devoted to the transmission of the Mahayana values worldwide through teachings, meditation and community service. www.fpmt.org