



# W o r k s h o p

## Tai Chi & Body Being

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**Sunday 22 January 2012**  
with Rob van Ham  
Cheng Hsin Nijmegen

In this workshop you will be learning the Cheng Hsin Tai Chi 24 or 64 set of movements. In relation to these Tai Chi movements we will of course look deeply into the underlying principles of an effortless effective body being and effortless power. Open to all people, with or without experience in Cheng Hsin Body Being or T'ai Chi Ch'uan.



Venue	<b><u>Maitri Yoga Centrum</u></b> Broerdijk 35, 6523 GN Nijmegen	Info, registration & contact
Time	Sunday 22 January 2011 10.00 - 17.00 hrs.	Cheng Hsin Training Center Nijmegen
Costs	60 Euro (CH Nijmegen members 35 Euro)	Rob van Ham +31 (0) 6 29008785 <a href="mailto:info@chenghsin.nl">info@chenghsin.nl</a> <a href="http://www.chenghsin.nl">www.chenghsin.nl</a>