

# Cancer Support Group asbl

A self help group for the colleagues of the European institutions



**Thursday 6 March 2014, 12h45-14h00**

**DG AGRI, Auditorium Rue de la Loi 102, 00/25**



## Tai Ji Quan

太极拳

Cancer Support Group introduced last October 10<sup>th</sup> 2013 at its [awareness day](#) in Berlaymont a wide range of complementary cares which can support and accompany the therapeutic treatments.

Please be welcome to an extensive presentation of Tai Ji Quan.

Tai Ji Quan is a Chinese martial art. In general, it is performed as a series of slow, flowing, but precise, movements which make a harmonious composition or form. When practised regularly it helps to increase both physical and mental well-being and allows us to experience our bodies in a different way. We learn to open our joints, release tension and gently stretch our tendons allowing energy to flow more freely.

**Maria Peart** has been studying Tai Ji Quan for 25 years and teaching for more than 20 years.

**Christiane Boehm** has been following classes with Maria for over four years.

Maria will give a short presentation of 10 - 15 minutes (in English) which will include some of the theory which underpins tai ji quan. She will also share some thoughts on learning, practising and teaching. Christiane has kindly agreed to share her experience of learning and practising tai ji quan (in French). Questions can be asked in either English or French.

The presentation will be followed by an introductory, practical lesson where everyone will be invited to join in. The only way to know if tai ji quan is for you is to try it.

Organisation: [Claire.Lipchitz](#) for Cancer Support Group asbl. No pre-registration required.

Cancer Support Group asbl  
☎ (+32) 02 29 80741

[cancer-support@ec.europa.eu](mailto:cancer-support@ec.europa.eu)

La maladie isole, la parole rassemble  
Illness isolates but talking brings us together

<http://www.cancer-support.eu>