

Tai Chi & Qigong with Ceylan Crow

I have been practicing Tai Chi and Qigong for 24 years and teaching for over 14 years. I studied with several established instructors including C.K. Chu in New York, and Dr. Martin In, in San Francisco, and over 20 years and ongoing with my main teacher Jane Golden in Sonoma County.

My journey began in my 30s when I sought healing for my knees ravaged by many years of running. After a year of Tai Chi with Teacher CK Chu, my knees recovered and with regular practice became very strong and stable. I fell in love with Tai Chi, realizing practicing Tai Chi is an ever-evolving endeavor; the more one learns the more is revealed, it's a deep practice that changes your mind and body, and strengthens your spiritual connection to nature.

The Tai Chi and Qigong class is geared towards releasing tension and uncomfortable patterns to nurture greater ease of movement. As we age, we develop holding patterns restricting our movements and giving us discomfort, robbing us of overall vitality and balance.

The Qigong exercises gently align our meridian network, opening the pathways for smooth energy flow. Through breathwork, visualization, and directing our intention in the moves, we gently stretch the fascia, opening the meridian channels, and stimulating acupuncture points leading to enhanced vitality. This process is what releases tension and holding patterns.

I teach the Flying Crane Qigong taught to me by Jane Golden, and The Ba Duan Jin (Eight Brocades/Treasures) Qigong taught by Grandmaster Su Zifang via Debbie Leung of Chinese Healing & Movement Arts in Olympia.

The Tai Chi taught in this class is the Tung Style Yang long form as taught to my teacher Jane Golden by master Tung Kai Ying. The class builds strength and flexibility leading to physical and spiritual balance. Each class starts with gentle joint work and body self-massage to prime the body for the Tai Chi and Qigong movements. We will practice good posture, the basic bow stance, and footwork every class.

The class then continue to learn the form by repetition and refinement, eventually executing the moves slowly in a smooth flow. I will occasionally clue you in on underlying martial applications of the postures as well. At certain intervals, I walk around giving, if permitted, personalized gentle corrections, to encourage correct posture within the form.

I strive to bring Tai Chi and Qigong to your everyday life by encouraging mindful movement in all we do. I hope you visit the class and get a taste. ~ Ceylan Crow (pronounced Cheylan)