

Bonsai Tai Chi

The Blog



Tai chi sayings

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Are you one-in-a-thousand?

In tai chi we say that it takes 1,000 to start for one to finish. Of course this recognises that the art is not everyone's cup of tea. But think about it for a moment: it also makes that one person pretty special.

Tai chi takes patience, lots of it. It also takes lots of tenacity too. It challenges you mentally as well as physically and requires great attention to detail.

So, there is the challenge: do you have the qualities? Are you special enough to be that one-in-a-thousand person? Come along to a tai cji class and find out. ☯