



Angus Clark: Thai Chi Essence



Angus is a highly experienced movement for health explorer, enabler and educator specialising in self-development using the tai chi system of movement. His 37 years of study reflect an enthusiastic research into and passion for how the ancient principles of tai chi can become a valuable and enjoyable modern day tool for people from all walks of life.

Explore the art of Tai Chi through Tai Chi Essence and play with some key processes and participate with a number of guided movements. This will be all it takes to fully experience that great feeling of Tai Chi - and be grounded, relaxed and energised.

TOP EMBODIMENT TIP: Move, breathe, feel your feet on the ground

Tai Chi and Qi Gong:

- Tai Chi is an exercise based on natural movement and quality attention that is fun and easy to learn. It will relax and energise you, give you strong legs, build your stamina, flexibility, vitality and as well as all of this, will help you to let go of unwanted stress and tensions.
- Together Tai Chi and Qigong belong to a genre of exercise that has evolved and been practiced in Asia for hundreds, even thousands of years. This genre of exercise is now practiced throughout the world and is recognised as offering an exceptionally successful way of maintaining health and vitality for the human being.
- It is sometimes said that 'Tai Chi' translates as 'The Great Balancing Force' and 'Qigong' as 'Energy Work'.

Resources

- ❖ **Courses:** Various levels of Thai Chi classes are available directly on the website.
- ❖ **Website:** <https://www.livingmovement.com/>
- ❖ **Book:** *Illustrated Elements of Tai Chi*, Angus Clark



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Evolve Move Play is movement training for humans. Through our ecology of practices, we reconnect to the most meaningful aspects of life. Connect to us through our podcasts, online courses, and retreats.

Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



[Accept Rafe's Free Gift →](#) Discover the roadmap to a more meaningful movement practice and download the FREE "Whole Food Movement Blueprint." PLUS get exclusive TEC bonuses when you sign up for the Evolve Move Play Foundations program. Discover the roots of our disembodied fitness culture, and the pathway to a more meaningful movement practice and life with the **[Evolve Move Play Method](#)**.