



Binyamin Tanny: Tan Tai Chi



Binyamin (Ben) Tanny is a Tai Chi instructor, martial artist and founder of Tan Tai Chi, a system designed for the modern practitioner who wants a meaningful, interesting and healthy movement practice. Ben will lead a Tai Chi practice during his session. Discover more of his work on www.tantaichi.com.

TOP EMBODIMENT TIP: [Embodiment] is not theory, it's something you've got to do. You can talk about it, read about it. But if you just stop and take a few breaths or move or connect with someone...go barefoot in the grass, you will experience embodiment. And that's I think the most important thing, get out there and do.

What is Tai Chi?

- Tai Chi is a **Traditional Chinese martial art** that is mainly practiced today for its health benefits.

Chinese Medicine

- In Chinese Medicine, it is believed that there are **energy lines that run through the body**. They converge at the top of our heads.
- Most of our health related issues derive from **blockages of our Chi**.

Pressure points in Tan Tai Chi

- **Pressure point 1:** Massage between the pointer finger and thumb
 - Connects to the mind; good if you have a headache
- **Pressure point 2:** Take hands (pointed down) and tap and rub the center of your lower back
 - Opens up the kidneys

Principles of Tai Chi

- **First principle:** is moving with the breath
- **Second principle:** setting intention and focusing

4 Elements of Tai Chi

- Every movement we have has an element to it
- **Earth element:** from waist down; represents grounding
- **Water element:** around waist; represents flow and calm
- **Fire element:** chest area; energizing
- **Air element:** neck up; represents invigoration and expansion

Resources

- ❖ **Courses:** [Tan Tai Chi DVD set](#)
- ❖ **Website:** [Tan Tai Chi](#)



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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.



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