

A little bit of Tai Chi will spread harmony this week

On 31 August 2019 at 2.00pm, members of the Taoist Tai Chi Society of Great Britain will be united in promoting health and wellbeing through the Taoist arts in Edinburgh. They are also doing their thing in London and Cardiff, but next Saturday they will be in the car park at Holyrood Palace, and you can join them.

Their wish is to spread a little harmony throughout the country, perhaps not a bad thing in these times and in the wake of the Festival which ends with the fireworks on Monday.

They invite you to go along and experience the sense of peace and relaxation that arises from the practice of Tai Chi.



Their spokesman told us : "Taoists understand that balance – unity, of mind and body, and harmony, internal and external – are central to, and indicative of, good health. *Taoist Tai Chi™* arts, as taught by the Society's founder Taoist monk Master Moy Lin Shin, are a way to constantly improve our health through the application of these principles."

These arts are available in 26 countries, bringing together people of different languages and cultures in a worldwide community dedicated to alleviating suffering by improving physical, mental and spiritual wellbeing and

helping others.