

Why do you learn Tai Chi

I was looking for an activity that is different from Yoga. I wanted an activity that could bring me well-being and satisfaction. After assisting Master Lim's class, I have decided to be part of the Tai Chi group.



That culture was corresponding to my needs. The energy, the calm and the inner peacefulness that I felt in that class had convinced me to follow Master Lim and his wife Julia.

What benefits you have gained from doing Tai Chi?

Tai Chi gave me more than I was expecting. After passing a cervical scanner, I was diagnosed a posterior central hernia to the C4 and C5 vertebrae, osteophytes to the C5 and C6 vertebrae and a fusion to the C6 and C7 which made me suffer and was giving me migraines.

Tai Chi training has helped me a lot. Now, I have more flexibility, less pain and I am more well-balanced energetically, physically and mentally.

How SOTC has help you understand the principles of Tai Chi?

SOTC brought me to be closer to myself. The training of Tai Chi movements has permitted me to develop patience, perseverance, also equilibrium and concentration.

In Master Lim's teaching, I have discovered that there is a lot of depth and details to integrate into the movements.

All the movements must be felt in the deepest part of our body and spirit. We must leave aside the exterior universe.

To look, listen and train is the best way to integrate that philosophy.

Tai Chi is a way of life.

Solange Dubois