

Tai Chi International Grand Master Fu Sheng Yuan visits India for the first time.

Conducts formal endorsement ceremony for Indian Master Sifu George Thomas

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The Fu-Sheng-Yuan Tai Chi Academy, India Chapter is celebrating its 10th year anniversary this year. To commemorate the occasion **Grandmaster, Fu Sheng Yuan**, President of The World Yong Nian Tai Chi Federation conducted his first visit to the India chapter of the academy. He also performed the **Formal Endorsement Ceremony**, where by he proclaimed Master Sifu George Thomas to be his authentic representative in India.

In true ceremonial style the event started with almost eighty students from the academy performing Tai Chi after which the formal endorsement ceremony took place where Master Sifu George Thomas was formally proclaimed to be the true representative of the **Yang family Tai Chi in India**. The grandmaster while interacting with the students of the academy also stressed on the importance of practicing the art form diligently.

On the occasion **Grand Master, Fu Sheng Yuan**, said, ' Sifu George Thomas has been a student of martial arts form for the last thirty years and his dedication impressed me so much that I have chosen him in India to represent and teach the Yang style of Tai Chi which is a trademark of my family for the last couple of generations'.

Tai Chi, the ancient Chinese martial art, is about graceful meditative and light, natural movements which relaxes and stimulates every part of the body. It is a moving meditation set in motion by the constant interplay of two vital energies: Yin, the passive and Yang, the active principle, it is especially valuable for its ability to strengthen and improve one's health.

There are about 4 or 5 major styles of Tai Chi and **Yang style** is the most popular and widely practiced around the world. This form was created by **The Great Chinese Master YANG LU CHAN** about 170 years ago that has faithfully been passed on from generation to generation. **Grand Master Fu Sheng Yuan**, the 5th generation head of the Yang family, presently working out of Perth, Australia is actively involved in promoting the Yang style of Tai chi and chooses people from different parts of the world to hand over the legacy.

Master Sifu George Thomas, founder and president of **FU SHENG YUAN TAI CHI ACADEMY-INDIA CHAPTER** said, ' I am promoting this art form because it is a therapy by itself. It does wonders by helping one to get back to nature, creating a perfect balance between the body, mind and soul. By practicing Tai Chi one gets relief from stress related disorders like hypertension, backaches and other ailments, improves your immunity and helps in fighting disease and strengthens the energy of the body and prevents negative elements from penetrating into our system'.

Tai Chi is also known to raise one's awareness level and alertness. Controls temper, improves concentration and stamina. For people who are already fit, it helps to maintain the fitness level. It also helps in strengthening the joints, ligaments and tendons, stretching the nerves and toning up the muscles.

There is no age bar to practice Tai Chi, Sifu George Thomas adds, ' It is suitable for a sports person, a normal fit person, very fit person and an unfit person. Pregnant women, heart patients, people suffering with Arthritis and those who cannot perform strenuous exercise. Basically if one can WALK, you can do Tai Chi'.

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About Tai Chi CHUAN

With a history of over 5000 years, Tai Chi is an integral part of China's traditional cultural heritage and its origin dates back to the Ming Dynasty. Tai Chi, the highest form of martial arts is a combination of physical exercise, breathing techniques and meditation, Its slow, relaxed flowing movements of opening and closing forms, advance and retreat, attack and defense, channelises energy and the body's natural movements to attain a high degree of fitness, both mental and physical. Tai Chi is popularly described as a **Moving Meditation** because the movements are slow, evenly paced and like a flowing river. Some call it Chinese Yoga.

FU SHENG YUAN TAI CHI ACADEMY-INDIA CHAPTER

Master Sifu George Thomas is the Founder and President of **FU SHENG YUAN TAI CHI ACADEMY-INDIA CHAPTER**, which he established in Chennai in 1998 and later set up branches in Chennai, Bangalore, Hyderabad, Mumbai and Pune. He is also authorized by the World Yong Nian Tai Chi Federation to teach the art. Currently there are around 5,000 students across India who are learning and practicing Tai Chi in the academy. He also conducts seminars, workshops, lecture / demonstrations regularly for corporate houses, clubs and educational institutions.

The academy has centres in Bangalore, Mumbai, Hyderabad and Pune apart from Chennai. In Chennai the academy has three centres. For more details visit <http://www.taichiacademyindia.com/> or contact 098402 98450.

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