

Most people have seen the beautiful, flowing movements of Tai Chi at least once, perhaps in a film about Asia or even during a walk in the park. This Far Eastern art of movement has now found many followers in the West. Tai Chi fascinates with its gentle sequences of movements which, together with conscious breathing exercises, bring the body into a harmonious state of balance.

An essential aspect of the ancient Chinese art of movement Tai Chi Chuan is finding one's own center through optimal adaptation to gravity, thereby gaining lightness and strength. Impressive abilities and qualities are cultivated through a simple system of exercises, and their effects can be applied to all athletic and mental activities.

Calmness and serenity are the foundation of a healthy life, yet stress and sensory overload drain energy reserves and increase susceptibility to illness. Those who practice Tai Chi – translated as "The Great Ultimate" or "Supreme Principle" – follow the principles of Taoist philosophy, which essentially state that human beings, as part of nature, should live in harmony with themselves and with the external world. The name "Ch'i-Kung" (Qi Gong) means "practice of the vital energy Ch'i" and refers to countless Chinese exercises which, through upright posture and joint movements, stimulate the flow of energy, strengthen the body, and harmonize body and mind.

It is said that when the vital energy Ch'i can flow freely through the body, a person is healthy. The main reason for this is the training of the spine. In Tai Chi Chuan it is constantly held upright, with the tailbone and the crown of the head aligned so that the vertebrae are balanced like a stack of plates – the upper body and shoulders completely relaxed. In this way, energy can rise from the pelvic area to the head and descend again along the front of the body to its starting point, spreading throughout the entire body. It is driven by calm, flowing, rhythmic movements with slightly bent knees, guided by mental focus and supported by slow, deep breathing and the standing practice of Ch'i-Kung.

These exercises are characterized by slow, relaxed movements performed consciously, which can be learned by young and old alike. In addition to the focused learning of the Tai Chi form, Ch'i-Kung (Qi Gong), Taoist health exercises, and meditation are taught. Individual corrections, Ch'i tests, and playful martial techniques complete the practice. Written and visual practice materials provide a foundation for continued training at home. We enjoy peace and relaxation while maintaining alert awareness.

Gisa Anders, an expert in this special art of movement for many years, personally experiences – both in her daily practice and with her students – the benefits for the entire organism.

**Daily class times: Monday, July 27, 2026, 11:00 a.m.–12:30 a.m. and 14:30–16:00 p.m., until Friday July 31, 2026,**

**Course registration:**

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***Tai Chi Instructor Training as a Tai Chi instructor from 1986–2003 within the ITCCA (International Tai Chi Chuan Association). Teaching certification in 1992 with Master K.H. Chu in London. Thereafter intensive teaching activity and continuous advanced training with annual examinations under Master K.H. Chu. Since 2006 Tai Chi and Ch'i-Kung School in Bad Nauheim and Bad Salzhausen. From 2009–2019 Tai Chi instruction at the Median-Kaiserberg Clinic and since 2018 at the University of Frankfurt.***