

WHY DO LISHI

5. The Lishi Lifestyle

There are people all over the planet who are learning and practising the many Daoist Arts of Lishi. We call this the Lishi Lifestyle and it includes

- regular classes
- social events
- online groups and
- travel all round the world.

4. Student of the System

Once people experience the benefits of Lishi they usually want to maintain the positive effects on an ongoing basis.

We have classes all across Leeds so you have a range of opportunities to learn more and practise regularly.

3. Beginners Course

The next step is to apply for our 10 week beginners course. This course will strengthen you physically, mentally and energetically. You will deepen your self-awareness and knowledge of the Lishi Arts and by the end of the course you will:

- have a firm foundation for leading a healthy lifestyle
- be able to relax and flow with day to day events
- feel better in yourself
- have a range of exercises you can practise in your own time to keep you feeling relaxed, healthy and confident

2. Taster Programme

After taking a look at our free resources online, people tend to book on our 4-week taster course. This is a great way to feel the benefits of Lishi fast. By the end of the course you will feel:

- * a boost in your energy
- * more relaxed and supple
- * connected to a community of like-minded people
- * able to practise basic exercises at home
- * certain about whether Lishi is what you are

1. People Start Lishi Because:

- They want to feel healthy but aren't turned on by mainstream exercise
- They sometimes feel stressed or anxious and want to be more relaxed and confident
- They've seen or heard about Tai Chi, Yoga, Meditation or Kung Fu and want to give it a go
- They are interested in Eastern philosophy

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To find a class in Leeds visit www.lishi.org/leeds

