

Helping you take that first step

We are really pleased you have made it here, and wish you a warm welcome!

Coming to a new class for the first time can be very daunting; you might not know what to expect or what is expected from you. This welcome letter from Sheffield Taoist Centre will go through any concerns you have and outlines what to expect from your first few classes of Taoist Lishi Arts


What do you teach in your classes?

At all our Sheffield Taoist Centre classes we teach the Taoist Arts of Lishi. Lishi is a comprehensive system that encompasses Taoist Yoga, Moving Meditation (similar to Tai Chi), Qi Gong, soft Taoist Self-Defence and massage. It's a very holistic system.

All classes start with a warm up and a breathing exercise. The warm up is very thorough and takes about 15 minutes. It's a great opportunity to step away from the noise of your daily life and centre your mind and your body into the room.

The exercises that follow will vary from week to week. You will be guided competently through by a teacher with at least 20 years of training.

 Sheffieldtaichi

 Sheffield_lishi_taichi

SHEFFIELD
TAOIST
CENTRE



find a class in Sheffield visit www.lishi.org/sheffield

Is this suitable for complete beginners?

Yes!! We run beginner courses throughout the year at all the Sheffield classes. All the teaching is focused on the basic elements of Taoist Lishi Arts so its easy to learn if you've never done anything like this before.

Will I learn mindfulness?

Taoist Lishi is a very mindful system and there are a range of exercises to develop inner focus. You may be very adept at focusing within your studies or in your job, but the focus developed in Lishi is quieter and stiller and is deeply atuned to your body. Just like your muscles take time to condition and get stronger, the same with your mind. Sometimes during the class, you will feel your focus slipping; but don't worry! It all takes time. Just talk to the students who have been coming longer and they will tell you it was the same for them!

Will Lishi help me to relax?

Lishi will relax your body, your mind and your emotions. You may notice this after the first class, or it may take several weeks to feel the effect. I promise you, if you stick with Lishi, it is well worth it!

Lishi is a 'relaxation training' class; sometimes the exercises are deeply relaxing and sometimes they are teaching you HOW to relax (which can feel challenging rather than relaxing!). It's important to remember this key difference.



Sheffieldtaichi



Sheffield_Taoist_Centre

SHEFFIELD
TAOIST
CENTRE



To find a class in Sheffield visit www.lishi.org/sheffield

Am I fit enough?

Lishi is an ideal system to get fit as you can pitch the exercise to suit your own abilities and also to match your energy levels on a particular day. If you feel tired, try to get to class anyway and just take it a bit easier!! (It's allowed! and hopefully you will notice you feel more energized after the class).

Will these exercises help with stress & anxiety?

Absolutely! – Many people have found Lishi to be very effective at eliminating stress, anxiety and just general feelings of frustration. The movement of the body, the deep breathing, the quiet inner focus will help you find a joy and sense of wellbeing in life. If this a reason you have found Lishi, then remember there is no expectation for you to feel 100% when you come to class; Lishi is here to help you become fitter, healthier and stronger; physically, mentally, emotionally and spiritually. There are no expectations of anyone. Just come and do your best, whatever that is on a particular day.

Do I need to come every week?

If you are embarking on a lifestyle change, then the teachers at Lishi appreciate this is not always easy, especially with all the demands of modern life. So please don't worry if you miss any of the sessions. Just try to come as often as you can, but if you can't don't worry!



Sheffieldtaichi



Sheffield_Taoist_Centre

SHEFFIELD
TAOIST
CENTRE



To find a class in Sheffield visit www.lishi.org/sheffield

Won't I fall behind if I miss some classes?

Even as a beginner you will start learning a lot of different exercises from the very first night.

At each class there will be one common principle to all of those exercises (for example on your first night, it might be 'awareness of your feet').

This form of learning means that that progression in Lishi isn't like being at school or university. Every class is a learning experience that can be enjoyed and appreciated regardless of how much you know or have already learnt.

What does Taoist mean?

Lishi is Taoist (sometimes spelt Daoist). This means that within our exercises you will learn an ancient philosophy called Taoism. This has principles such as going with the flow, effortless effort and 'wu wei' all of which you can apply to a physical exercise. And then eventually to life!

Well you've made it this far. The next step is to come to a beginner's course, we want to see YOU there! So book your place now or put your name on our waiting list. This will be the first step on an exciting journey of learning.



Sheffieldtaichi



Sheffield_Taoist_Centre

SHEFFIELD
TAOIST
CENTRE



To find a class in Sheffield visit www.lishi.org/sheffield