

Lesley Roberts

My Interest in Taiji started in 1985 when I read some book on martial arts and it mentioned a more gentle form called Taiji but it was difficult to find instructors as there weren't many about. Eventually I found a local class where I learned a Short Yang Form. The seed was planted, I became engrossed in improving my form techniques, began to thirst for a deeper knowledge.

I was fortunate to find a wonderful Qigong instructor who like to be known simply as Chiang, a Master trainer of generous spirit, and a wonderful inspiration to me. Under her patient, watchful eye I learned the 18 Movement "Shibashi" qigong set which I found beneficial in many ways. My energy levels improved along with my health, stress levels dropped allowing me to become more clear headed and take one day at a time. I also found that regular practice of Qigong made me physically stronger which gave me better control when I practiced my Short Form.

Very soon with her guidance I realized that the seen movements were only part of this remarkable set, the unseen subtleties of energy movement were of utmost importance and would take a lifetime to develop. My journey with Taiji so far has been a joyous, a journey that continues and holds me spellbound and humbled. My Taiji practice completes me as a person, enables me to feel release my tensions and become a free spirit.

In more recent years I have had the pleasure of training with Master Paul Lam, Yeshe Gyatso and Master K Y Wong. I feel so lucky to have met these wonderful people who have all taught me so much and enriched the essence of my Tai Chi practice with their knowledge.

My work has lead me to many different venues with different groups at many different levels such as, Arthritis Care, Age Concern, Alternative Therapy Centres, Mental Health Day Centres, Hospitals, Falls and Balance Clinics, Schools, private home tuition and not to forget the Guys from the Premier League. Each group amazes me with their eagerness to learn, the fun we share and the confidence we build learning together.