



太極釋義與太極新義 講座

課程編號: SCPD18101601

香港人生活緊張繁忙，因工作、家庭、感情等壓力使精神長期處於繃緊狀態，令身心出現毛病，也影響工作表現。眾所周知，運動可以幫助減輕精神壓力。有否想過透過練習太極，激活自身修復系統，改善及促進身心靈健康，從而提升工作效率，人事管理和決策等能力。

太極拳是一項融合了氣功、武術、體操、哲學、文化、技擊、健身等的運動，不僅是中華傳統武術的魁寶，更是中華傳統文化的精髓。太極拳發源於中國，影響著世界。

是次講座將會講解有關太極文化、太極拳理基礎、如何透過太極養生和修養提升心靈等課題。

日期 2018年10月16日（星期二）

時間 下午七時至八時

地點 香港灣仔皇后大道東 213 號胡忠大廈 27 樓
香港會計師公會培訓中心

形式 講座

語言 普通話

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主講嘉賓 楊云中先生, 中華太極智慧學院院長

楊先生現任太極文教基金會發起人兼名譽顧問、嶺南精武體育聯合會名譽顧問、太極武學理論提倡者和如是太極拳編創者和新文化、新太極提出者及倡導者。

楊先生早年喜好武術，遊歷各地尋訪名師，而後專研太極，已三十餘載。他編創整理有完善師承關係與嚴謹修習法理的如是太極拳系列課程，只願習太極者身強體健，明白太極理法。如今專職弘揚太極文化已二十餘載，更遠赴義大利、德國及瑞士遊歷講學。近年成立中華太極智慧學院，專注弘揚太極真諦。

楊先生深蒙多位當代武學宗師的親傳，特別是得到人的科學創始人龐明，水性太極創始人王壯弘，八卦走轉創始人鐵恩方，和楊氏太極魏樹人四位恩師器重，悉心栽培，傾囊相授。再加自己勤學不輟，參研儒、釋、道、醫、武等諸家經典論述，將文化、智慧、養生、武學融於太極。

楊先生將自己數十年所得傾囊相授，每有新的體會與感悟便會與學生們分享。他在香港大學、香港理工大學、香港浸會大學舉辦的講座及培訓課程，均受到一致好評。與眾多文化、教育、養生機構合辦多次活動（如法住機構、綠色教育基金會、香港教聯會、國民教育中心和香港中醫整脊學會等）均反響熱烈，使學員得太極真諦，明太極之理，心開大解。



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16 October 2018 (SCPD18101601)

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