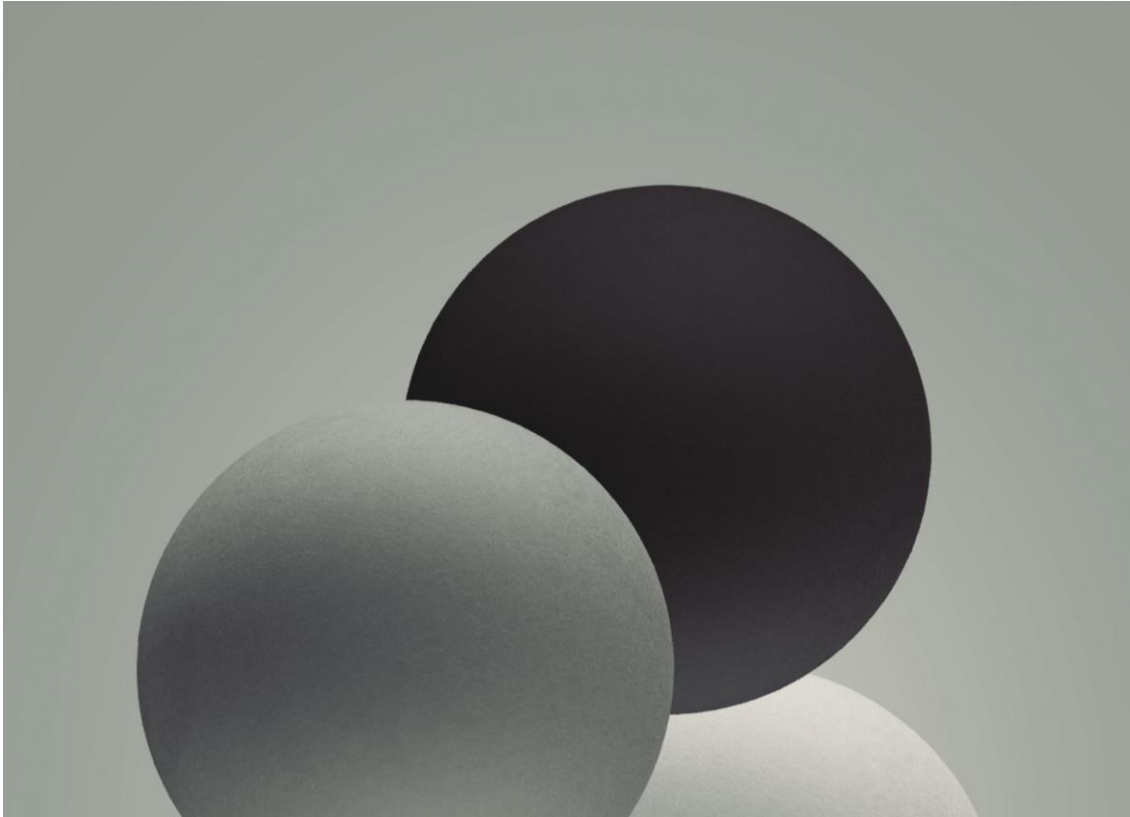


Movement and relaxation with Taiji

with Uwe Keitel

Pre-Conference Industry Day on 29 June 2021, 17:00 (CET)





Uwe Keitel



Taiji is a movement art from China. It is characterised by slow flowing movements and suitable for participants of all ages. Together we want to try out some easy exercises from Taiji.

In 1986, at the age of 19, I got to know Taiji for the first time. Since then I have learned more exercises from different Chinese masters and have been able to improve my Taiji.

Since I was a student of electrical engineering at the TU Dresden, I have been leading an exercise group there. In my courses, I teach the beautiful movements of Taiji to many students.

For some years now, I have also been running short Taiji workshops at festivals.

[More...](#)