

# Mitch Goldfarb on T'ai Chi Chuan



Have you ever seen that funny dog on the Celebrex commercial, standing on its hind legs and waving its front paws in the air? That's T'ai Chi. What most people do not know is this ancient art has its origins dating back to the Yellow Emperor of China.

Professor Goldfarb of the West Chester University's kinesiology Department is fascinated by the phrase "Do Less - Achieve More", one of the backbones of T'ai Chi's Taoist philosophy. He's investigated the benefits of practicing an exercise that elevates laziness to an art form. T'ai Chi is a wonderful mind-body exercise of renewal for spirit and energy that has the potential to be life changing.

"If you enjoy Yoga or Pilates," Professor Goldfarb says, "T'ai Chi will enhance and improve your practice, promoting mental well-being and physical strength. Vitality, relaxation, tranquility, enhanced personal creativity and sense of purpose are just the beginning of the gifts this ancient art has to offer."

T'ai Chi is a system of slow moving postures that flow together creating a Form or choreography that promotes health and wellness. The focus of its study is using the body as an integrated structure, creating fluid movement that honors our physiology. By relaxing and aligning the skeletal structure, T'ai Chi removes stress from the body, especially the joints, allowing outside forces and gravity to freely pass through. The result: we are calm and peaceful in our everyday movements.

Along with writing and music, teaching T'ai Chi is one of Professor Mitch Goldfarb's great passions in life. It's Taoist philosophy and background has help to focus his creativity both in and out of the studio. Goldfarb has written and narrated a guided instructional CD for the Short Yang Form and is currently at work on a non-fiction T'ai Chi text. His articles on T'ai Chi and meditation can be found in Yoga Living and PhillyFIT magazines. He is actively involved in writing and producing various healing and meditation recordings, including five CD's for Dr. Deepak Chopra. Goldfarb's latest CD "Native Path" for T'ai Chi, Yoga and meditation is available on iTunes.

Mitch is a member of the World T'ai Chi and Qigong Day Organization. In addition to T'ai Chi, Mitch is certified as a Reiki Master in the Usui System of Natural Healing.