

HOW TO BECOME AN

immortal

TEAPOTMONK'S 21ST CENTURY TAI CHI



In this unique course of **12 workshops**, Paul Read (the teapotmOnk) offers an approach to learning Tai Chi based on play, rather than study.

Have you seen the introductory video? That will give you a taster of how the course is going to be approached. You can find it on this link, where you can also **try out for free a selection of free sessions**. Come over to www.21stcenturytaichi.teachable.com and expect only the unexpected.

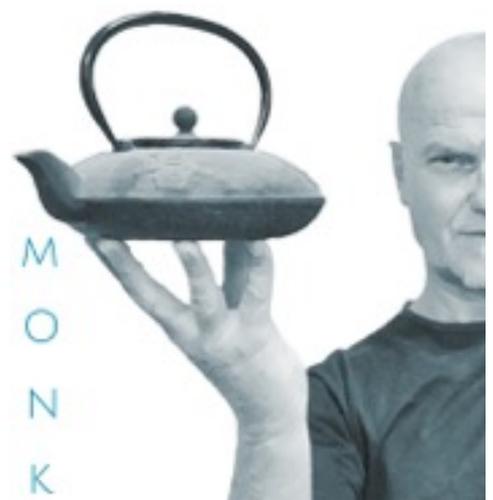
Each lesson is taught with slow gradual and simple steps, clear directions and with a light hearted touch as well as laughter, because, the Immortal Sages in Chinese history emphasised above all else, that we should tread with a light step, that we should breathe deeply and easily, and that we should live - as far as possible - in the unfolding moment.

Easy to say, but somewhat less difficult to do. Unless you have learnt to laugh at adversity, embrace contradiction and know how to casually convert thought to action, theory to practice. And so this is the aim of **How to Become an Immortal**: not just to learn the physical movements of Tai Chi, but their meanings, their applications and how they help us to expand each moment so that we fill it with all the energy, laughter and life we can muster.

The Immortality Tai Chi Course will teach you:

- Simple but powerful **Tai Chi** warm-up and preparation exercises
- **Alignment and Postural** skills to release muscle tightness and relieve joint pain.
- Timing, weight transference and balance skills to enable you to glide - like Kwai Chang Caine - over rice paper
- **Breathing** techniques and **Qigong** exercises to super-boost your energy levels.
- The **Tai Chi Mini-Form**: A short sequence of Tai Chi moves to practice at home, work, in the park, or anywhere.
- **A Brief look at Tai Chi history** so that the moves you learn will have continuity and meaning.
- **A Brief look at Tai Chi Applications: How to apply the lessons learned to the 21st Century and daily life.**

How to Become an Immortal is based on the the irreverent approach found in Paul Read's [many books](#) on Tai Chi and Taoism, as well as [his podcasts](#) and the culmination of his 20 years of teaching **Tai Chi** and language classes in both the UK and Spain.



THE CURRICULUM

A new workshop is released each month. Each workshop is comprised of 3 parts.

1. Video tuition throughout each for both practical and discussion elements.
2. Ebook issued with each posture for reference.
3. At the end of each workshop there will be an opportunity for feedback, questions and answers on group forums and live chat with the mOnk.

SAMPLE WORKSHOP : White Crane Spreads Wings

1: VIDEO TUITION

Session 1: Practice

- Introduction
- Practical Sessions
- Advisory Notes
- Structural Info
- Preparation Exercises
- The White Crane Moves
- Breath Introduction
- Breathing Exercises
- Tips and tricks
- Timing
- Weight and Balance

Session 2: Empty Your Cup

- The Question of the workshop
- White Crane Applied in the 21st Century
- Exploring when Yin met Yang
- Radio Guru: A World of Dust

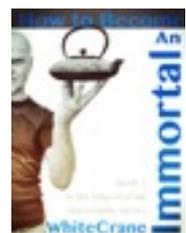
(Live video call in from Sifu's around the world on the subject of Immortality)

White Crane Extras:

- Workshop recap
- Practice Guidelines
- Extra Resources
- Sneak Previews

2: EBOOK:

Containing all the details of the moves, exercises and motivational material to keep you on track. One new book each workshop.



3. FEEDBACK

Living in the 21st century enables us to keep in-touch across the globe. Online forums, social media and streaming video and chat channels means we can keep the lines of communication open. During the month an online forum is available for questions and answers. At the end of each month a special session is run using mobile apps to enable video and chat streaming.

FOLLOW UP WORKSHOPS

Focusing on a new posture each month, the mOnk will be teaching the moves, introducing preparation exercises, giving context and applications for the posture with a special reference to living in the 21st century.

Each workshop will run along similar lines: videos, ebooks and feedback session.

Further workshops to follow on include:

- BRUSH KNEE AND PUSH
- PLAY GUITAR
- STEP, DEFLECT AND PUNCH
- STEP BACK TO REPULSE THE MONKEY
- DIAGONAL FLYING
- WAVING HANDS IN CLOUDS
- GOLDEN ROOSTER STANDS ON ONE LEG
- SINGLE WHIP
- FOUR CORNERS OF THE EARTH
- FORM CREATION FROM POSTURES
- CONCLUSION AND FURTHER STUDY



TRY IT OUT

There is a lot you can taste for free to see if it's what you are looking for. It's not for everyone. Many people prefer the traditional approach. But if you like to blend learning and laughter, if you like to enjoy rather than endure... come and try a number of the sessions for free by visiting:

www.21stcenturytaichi.teachable.com

The course costs about 3 dollars a week. (150 for the year).

You can sign up for the complete course and if you don't like it, you'll get your money back at the end of the month.

Yo have nothing to lose ...but your adherence to the past.

Tai Chi for the 21st Century. Freshly brewed and guru free.