

Established in 1977 the Tai Chi Studio Cologne was at the time one of only 3 institutes in Germany for the training of Tai Chi Chuan and Chi Kung. Breath awareness and development is also a feature of our training programme

Today we train the Yeung Family style as preserved and passed on by Yeung Ma Lee the 2nd daughter of the late Yeung Shou Cheung

The studio offers a systematic and step by step programme from beginners level through to teachers trainer for personnel trainers, Sport and Health studios, Tai Chi Trainers in Corporate Health Maintenance and Stress Management, plus Booking for Events and Privat training.

The Tai Chi Studio Cologne also works in cooperation with various companies ie Ford Motors Cologne with whom since 1997 we have been running regular weekly courses for Health Management and Stress Relieve as well as the annual Work-Life-Balance and Diversity Programme. Other companies with whom we have participated in special events and trainings include Banks, Insurance Companies, Deutsche Telekom, Deutsche Post AG, The Akademie der Kulturen. We also produce Tai Chi training films which are well rated on the Amazon bestseller list.

Training times:

Beginners:

Thursdays 19:30 till 21:00

The first session is cost free!

Part 1 of the Form + the fundamentals and Principles of TCC are learnt as well as some of the basic Form Applications to aid in the practical understanding of the Tai Chi movements.

Tuesdays 17:00 till 18:00.

An additional training for Part 1 of the form

This session welcomes beginners and can be effective in restoring and re-energising you at the end of your working day.

Intermediate and Advanced training:

Thursdays 18:30 till 20:00

Programme: The Yeung Family Loosening Exercises, learning the 3 parts of the Form, Chi Kung, Pushhands and other Partner Exercises

20-00 Advanced Training includes testing the Form Principals, Self-defence Training and the Sword Form.

Every 3 months the studio open its doors on Saturday with a 3hr Seminar, this cost free training is open to all practitioners and studio members who train directly in the studio or indirectly in the business-groups with whom the studio ha a cooperation.

The programme in these 3hours will also include Taoist Meditation

For Seminars and Special Events please contact the Studio directly

STUDIO LOCATION

The Tai Chi Studio is located in the centre of Köln at Friesen Platz.

It is within easy reach by U-Bahn and local Bus services. There is also a park house for cars just 2 minutes walk from the studio, and there is space for parking bicycles directly at the studio.

As well as a nice training room the studio is situated in a very green and well cared for yard. By especially good weather the yard offers an ideal outdoor location for the training.

We also offer the possibility of renting the studio space for suitable

events depending upon the time schedule.

A photo of the studio environment can be seen on the photo gallery of this website.