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WUJI  
(無極)

Claire Denarie-Soffietti  
Tai chi ch'üan





Claire Denarie-Soffiatti is a Tai-Qi, Yang-style Instructor, trained and experienced in 24-step beginners' form, 42-step competition form as well as 32/42 Chinese sword forms.

Claire commenced her Tai-Qi training in 1996 under the instruction of Li Chu Shuan as part of the Wushu Tai-Qi Federation of the Caribbean.

Chu Shuan and Claire opened a Tai-Qi school in Barbados and she ran it for 10 years.

Claire also studied with Master Li Jinheng in Arizona. At the time Master Jinheng was responsible for training China's National Junior team.

Claire is the only Tai-Qi Instructor certified by Virgin Active in the whole of Africa.

She has taught as Class Instructor at the Virgin Active Constantia Club for the past 6 years

She holds guided Meditation classes upon request.

Finally, Claire has completed her CPR & AED Course in 2017 (EMT/2017/850521) and updated in 2022.





## TAI-CHI (Tai-Qi Quan)

This Traditional Chinese Martial Art was mastered by the Taoists, who perfected it through 6000 years in order to preserve health, longevity and the prevention of disease.

In practice, Tai-Qi reconditions all muscle groups, tendons, joints as well as bone marrow. Through diaphragmatic breathing, it regulates relaxation and concentration. This produces a unique effect on the central nervous system, which in turn helps realign mind, body and soul.

Tai-Qi is practiced daily by billions of people in the world. There are no age limitations.

### The Study of Tai-Qi includes the following:

- Relaxation (Shoong) through meditation in movement,
- Breathing (Compression/Expansion in lower Dantien for flat stomachs)
- Conditioning of Muscles, Joints, Tendons and Fascia reactivation.
- Rehabilitation of knees, lower back and prevention of Arthritis.
- Reconditioning of the Kuas (Psoas muscles) for longevity.
- Self-healing
- Increase of cognitive capacity and memory.
- Balance in action
- Control of Qi (Vital energy) to Jing (Vital power)
- Qi-Gong exercises.
- Practice of internal and external Tai-Qi.
- Condensed breathing against loss of bone mass (osteoporosis).
- Cellular repair
- Workshops and translation of the above into martial art practice.

Times:

Mondays : 11:30 to 12:30

Thursdays : 12:00 to 13:00

## The Studio – Eden Village

Old Fort Road, Fox Hill, Salt Rock 4420  
KwaZulu-Natal – South Africa

### Contact

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### Prices

Monthly cost – R1 800/pm, two classes/week

All Fees payable monthly in advance

Booking essential

First Class is Free.

