



# Tai Chi w/AmenRa Menelik Jihunti

AKA Ted Cash

The Chinese characters for Tai Chi Chuan can be translated as the "Supreme Ultimate Force". The notion of 'supreme ultimate' is often associated with the Chinese concept of yin-yang, the notion that one can see a dynamic duality (male/female, active/passive, dark/light, forceful/yielding, etc.) in all things.

The purpose of Tai-Chi is to foster the circulation of internal energy "chi" through slow movements and meditation. Regular practice will result in increased health & vitality, tranquility & mental focus, increased flexibility, agility & strength. Additionally studies have shown Tai-Chi is effective in reducing stress, anxiety, ADHD, and can improve sleep. Tai-Chi is a perfect low impact form of exercise for all ages that can be done anywhere as it requires no equipment or special clothing.

Having studied Yang style Tai-Chi short form for 6 years under Master Sifu Conrad Rickitt, AmenRa has taught students from ages 3 - 94 years old! AmenRa is currently teaching full time, working to improve health consciousness & physical fitness.

For more info email: [tcash328@gmail.com](mailto:tcash328@gmail.com)

## Classes

Tuesdays  
9-10am

Saturdays  
12:30-1:30pm

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