Taoism developed in early Chinese culture as a philosophy or a way of life which people followed. It stated that people should live a simple and honest life and not interfere with the course of natural events.

Because it became so popular, it was adopted as a religion which included customs and rituals like the physical exercises created and called Tai Chi.

Taoists believed that people should live in harmony with nature and an early story reports that one day when a Taoist monk was meditating outdoors, he observed his surroundings and the natural events surrounding him. He saw a snake trying to attack a bird and watched the way their bodies moved and how the two animals interacted.

He decided to copy the movements of the animals as a way to express himself with connections to nature. He then tried to copy other movements that were inspired by nature which eventually created the basic movements in Tai Chi. The movements connect to the principles of Taoism and promote well-being and self-healing.

From the beliefs of a group of people, a new physical activity has been created and today, Tai Chi is popular world-wide for many people of different beliefs and customs. You do not have to believe in Taoism to participate in Tai Chi and many places offer Tai Chi classes for beginners and experts.

Story adapted from information gathered on: <http://www.chebucto.ns.ca/Philosophy/Taichi/tao-chi.html> <https://en.wikipedia.org/wiki/Taoist_Tai_Chi>