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TEMPERING IS A PROCESS IN WHICH CERTAIN METALS AND OTHER MATERIALS ARE MOLDED AND STRENGTHENED. THE ANCIENT ORIENTAL TRADITIONS, THROUGH BUDDHISM, HINDUISM AND TAOISM, WORKED SINCE OLD TIMES TO DEVELOP TEMPER, AS A SPIRITUAL VALUE THAT ACTS DIRECTLY ON WILLPOWER. THEY THOUGHT THAT, IN THE SAME WAY IN WHICH METALS WERE FORGED, CHARACTER COULD ACQUIRE TEMPER: a TYPE OF FLEXIBLE STRENGTH THAT ENABLED TO RESIST THE IMPACT OF WRATH, ANGST, FEAR AND EVEN HANDLE THEM TO DECIDE ON A COURSE OF ACTION. THROUGH ACTIVITIES SUCH AS YOGA, MARTIAL ARTS AND MEDITATION IT BECOMES POSSIBLE TO CALM THE MIND, OBTAIN acute LEVELS OF CONCENTRATION, BALANCE OUR SPIRIT. ACHIEVING A CERTAIN ... PEACE OF MIND AVOIDS THE OVERFLOW OF OUR PASSIONS, REMAINING CLEAR AND SERENE AT THE TIME OF PICKING CHOICES IN TENSE CONTEXTS. SELF-KNOWLEDGE AND A REFLEXIVE AND PATIENT ATTITUDE, WITH REGARDS TO THE SURROUNDING CIRCUMSTANCES, ARE essential-PARAMOUNT.

TEMPER IS KNOWING WHEN TO SAY "WHEN".

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WITH TEMPER, WE SHALL ESTABLISH THE BASES AND WILL PROVIDE THE NECESSARY ELEMENTS FOR A BETTER QUALITY OF LIFE, IN THE DAY-TO-DAY CONTEXT IN WHICH EACH OF US CARRIES OUT OUR ACTIVITIES. THE nurturing OF OUR CORPOREALITY AND OUR EMOTIONS, CAN CONTRIBUTE DECISIVELY TO ACHIEVING THE WELL-BEING THAT WE YEARN FOR SO MUCH.

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THE RESOURCES THAT WE OFFER WILL CONTRIBUTE TO (ACHIEVE):
TEMPERING THE BODY, THE MIND AND THE SOUL

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TEMPERING THE BODY

To improve physical and mental health through practical and effective tools.

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TEMPERING THE MIND

Achieve maximum mental clarity in order to create, focus ideas, project and fulfill objectives.

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TEMPERING THE SOUL

Find serenity in the face of changing or critical situations

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Who is it targeted to? TEMPER has proposals for different areas, being either of the institutional type or private: organizations from several fields such as business, education, government, sports, arts and health. The lessons are set in the environment where each institution performs their daily activities and adapt to the space available in each place.

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Learning

TEMPER PROVIDES TOOLS, THROUGH MOVEMENT AND BREATHING, FOR A REAL COMMUNICATION WITH OURSELVES, WITH OTHERS AND WITH THE WORLD THAT SURROUNDS US.

- Aware-full breathing
- Move around with comfort, balance, with strength and calmly
- Let go and relax the body-mind
- Respect form, geometry, rythm and continuity in movements
- Repetition as the search of the elevated, the excellence
- Work on resistance, flexibility and stretching
- Massaging the organs to calm the mind and enhance vitality
- Develop attention and concentration techniques

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Ana Bielewicz

Tai Chi Chuan and Tao Yin Teacher in Córdoba, Argentina. She has over 15 years of continuous practice in the *Instituto Quiroga Kwon Kung Fu*, currently

positioned as [Chief of Instructors of Tai Chi Chuan Style](#). Additionally, she is an advanced *practitioner* of Kung Fu, in Northern Shaolin style as well as Chi Kung.

Ana Bielewicz receives personalized lessons from Sifu I. Quiroga, on matters concerning style and training in each system, from a traditional standpoint. The apprenticeship and practice of Tai Chi and Chi Kung follow the line of work of Sifu Lee Kon Hu, who introduced the inner styles in Argentina, and Head Master of Sifu I. Quiroga. Her experience has showed her that discipline and continuous practice are key ingredients to deepen, search for excellence in the technique and getting able to know the benefits of the chinese martial arts and health systems.

Since the year 2004 Ana Bielewicz directs and teaches in the Chien Li School, works with dedication to help her students to find, through practice, a useful tool to grow in all aspects of their lives. She has dictated Tai Chi and Tao Yin classes, in several manners: as individual sessions with personalized follow ups of the pupils, as well as in different institutions, cultural centers, gyms and companies/firms. Co-Founder of TEMPER.

“Learn to flavor life. Enjoy balance, and learn how to get it back when it goes away.”