

Dance and it's place in Epicureanism?

Post by “Matt” of January 7, 2022 at 7:53 PM

Somewhat related, I'm planning on picking up Tai Chi this year. I tried it a few years ago and liked the idea, but it takes lots of time to master. Something I don't have lots of...time. It's also very different from the Taekwondo I was used to in my teens and 20's. But it's still technically a martial art and one that would fit my more philosophical side.