



Visuals for audiobook

The Athlete's Ascent

Deep Practice and
High Performance

Jayne Storey
Author of *Breathe Golf*

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“We are centred,
Stable and still as a mountain.
Our chi sinks to the t’an tien,
We are as if suspended from above.
Our spirit is concentrated within and
Our outwards manner perfectly composed.
Receiving and issuing energy are
Both the work of an instant”.

Song of Central Equilibrium, Tai Chi Classics

DEDICATION

In memory of my beloved parents.

ACKNOWLEDGEMENTS

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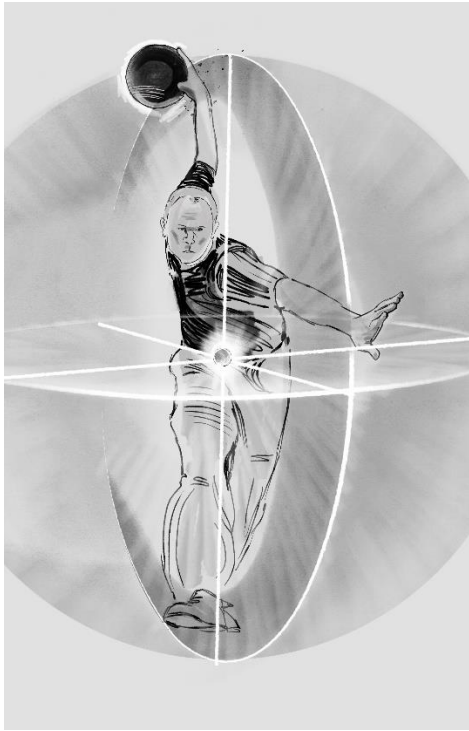


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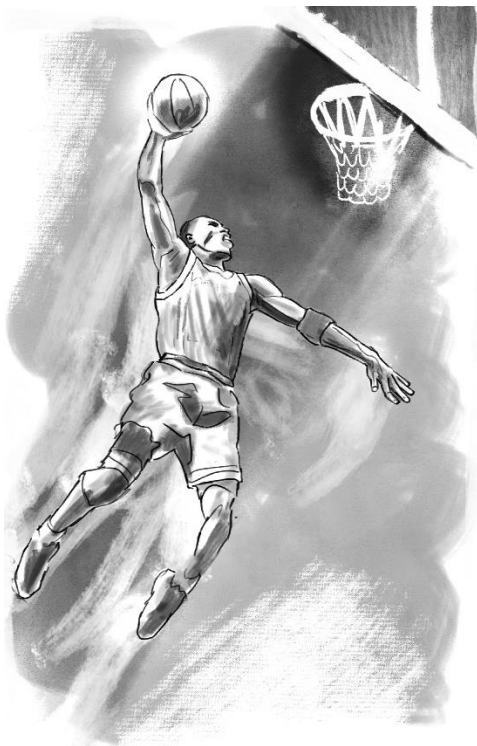


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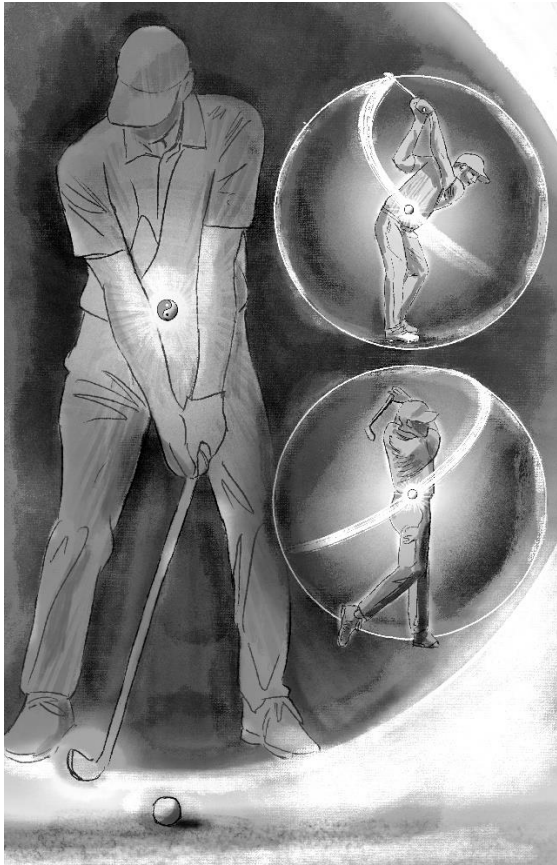


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About Jayne Storey

Jayne Storey is the Creator of the *Chi Performance* methodology and the author of several books including *Breathe GOLF; The Missing Link to a Winning Performance* (Rethink Press 2019). Her background includes 36 years training in formal Buddhist meditation and various martial arts styles including Tai Chi.

Jayne's unique approach to sports performance uses simple principles of centuries-old mind-body disciplines to help athletes develop a *Performance Practice* to overcome anxiety, nerves and mental interference. Her approach has formed part of the PGA's Member Education Programme and her accreditation syllabus is endorsed by WellBeing Insurance.

Jayne has written instructional articles for a number of sporting publications including Golf International, Atlantic Golf & Lifestyle, Kingdom, Women's Golf Journal and Sports Coach and she has been featured on BBC television and radio as well as numerous podcasts.

She is a long-term member of the Tai Chi Union for Great Britain and currently trains with the Kalarippayat Academy UK. In her leisure time, Jayne enjoys visiting the ancient sites in Malta and playing Blues and Latin guitar.

Other books by Jayne Storey and Rethink Press

Breathe Golf; The Missing Link to a Winning Performance

Connected Golf; Bridging the Gap Between Practice and Performance