

Follow Your Tai Chi Path to Fun & Good Health

Promoting harmony of mind, body and spirit, group fitness instructor and certified Tai Chi Arthritis instructor Lee Atwater teaches Tai Chi to educate students in this ancient Chinese martial art and spiritual discipline. "I want students to incorporate Tai Chi into their everyday lives and have fun with it," Lee says. "Our goal is to build a loyal following of people who are interested in the mind-body connection."



SNAKE CREEPS DOWN is a popular Tai Chi move demonstrated by Group Fitness Instructors Lee Atwater and Donna Russert.

And there's no doubt that he's succeeding. Since teaching the first small Tai Chi class here at the Center in September 2004, Lee has continually been adding new classes to the schedule. Now there's a Tai Chi class every day but Friday. And for the first time, students who completed the last round of Tai Chi classes participated in a special graduation ceremony where they received a Certificate of Achievement.

"I encourage students to follow their own Tai Chi path," Lee says adding that this does not mean unlearning what you already know. "Rather, it is raising awareness and learning to move from the inside. Most of all I don't want Tai Chi to be a burden. I want it to be fun and I want students to have a good time."

Increase Your Life Force with Tai Chi

Tai Chi, which means *Supreme Ultimate Force*, is often described as a moving meditation, a physical and mental exercise, a stress reliever and a personalized flowing dance. In addition, Tai Chi can stimulate your internal organs and improve circulation through the increased flow of Chi – your life force or internal energy.

Tai Chi Seminar Coming in March

Look for this special seminar for all Tai Chi students and instructors (some experience preferred). Hosted by Guy DeRosa, Lee Atwater's teacher for over 14 years.

SEMINAR HIGHLIGHTS

- Tai Chi Push Hands
- Yang Style Self-Defense Applications
- Form Study

Cost is \$15 for Center members; \$20 for non-members. Exact date to be announced. For more information, email lee@leeatwater.com or visit his website at www.lee@leeatwaer.com.

So Many Tai Chi Benefits

(DOCUMENTED IN MEDICAL JOURNALS):

- Relaxes and relieves stress, lowering incidence of anxiety and depression
- Improves breathing capacity
- Lowers high blood pressure
- Boosts the immune system
- Improves balance and coordination
- Improves postural control while stretching, toning and relaxing the body in a cumulative way
- Achieves better physical and emotional balance, develops inner awareness and mental focus and increases joint flexibility.

For more information about Tai Chi classes email Lee at lee@leeatwater.com or visit his website at www.leeatwater.com. ♦