

Tai Chi Workshop by Guy DeRosa



WHEN: Sunday, March 1, 2009 - 1:00 to 3:30 PM

WHERE: RWJ Hamilton, Studio TWO

WHO: All Tai Chi students and instructors (some experience preferable)

WHAT: Tai Chi push hands, Yang style applications and form study

COST: \$30 per person for members - \$40 per person for non-members (same as last year!)

Please note: payment should be made directly to Robert Wood Johnson – Registration at front desk. You will receive a receipt which MUST be provided for entry to the workshop.

[RWJ Hamilton Center for Health & Wellness](#) will host a Tai Chi Seminar by Guy DeRosa. Guy has taught Lee Atwater, an RWJ Tai Chi instructor, for over fifteen years. Here's what Lee has to say about Guy:

"I consider myself very fortunate to have found Guy as my Tai Chi teacher. He simply has a tremendous understanding of an extremely complicated art and he knows how to teach."

Mr. DeRosa attained his black belt in Shotokan Karate in 1980. While studying for his black belt he began his practice of Tai Chi. Guy has practiced Tai Chi since 1978 under the instruction of his wife, Susanna. Susanna began her training with the late Master Jou Tsung Hwa, a renowned and leading expert in Tai Chi. Mr. DeRosa has taught or teaches at Mercer County College, the College of New Jersey, the Somerset School of Massage Therapy, the Princeton Academy of Martial Arts and many other places. He teaches privately at his home and maintains a studio in Flemington, NJ.

NOTE: If you have any questions, please inquire at one of the Tai Chi classes. Payment is due at least one week prior to the seminar.

