

# TAI CHI LEE

*HARMONY OF MIND. INNER AWARENESS. MENTAL FOCUS*

## What is Tai Chi?

The often-heard, oversimplified phrase to describe Tai Chi is “moving meditation.” Actually Tai Chi is a complex, internal martial art based on very simple concepts. The key word is “art” however, because art is the quality of expressing oneself according to certain principles.

Tai Chi is also a physical and mental exercise, a stress reliever, as well as a personalized, flowing dance. It’s ideal for people of any age or level of physical conditioning. By practicing simple movements based on ancient Tai Chi principles you can develop better body sense and harmony and tap into your inner core of energy for improved balance, flexibility and mindfulness.

## Benefits

Continual Tai Chi practice can stimulate your internal organs and improve circulation through the increased flow of Chi - your life force or internal energy. Regular practice of Tai Chi can help you:

- Relax and relieve stress, lowering the incidence of anxiety and depression
- Improve breathing
- Lower high blood pressure
- Boost the immune system
- Improve balance and coordination
- Improve postural control while stretching, toning and relaxing the body
- Achieve a better physical and emotional balance, develop inner awareness and mental focus and increase joint flexibility



**Sifu Lee Atwater**

*“Lee Atwater has been my Tai Chi student since 1990. He is now a skilled teacher as well as an accomplished practitioner of Tai Chi.”*

**Guy DeRosa – Tai Chi Teacher**



*Embrace Your Internal Energy – Heighten Body Awareness - Achieve Better Focus, Balance and Fluidity*



*Tai Chi in the park*



*Practicing Tai Chi outside can be a great stress release*

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Lee Atwater has practiced Tai Chi for over twenty years under his teacher Guy DeRosa. He has participated at the Tai Chi Farm and attended seminars by renowned Masters such as Zhang Lu Ping, Master Jou Tsung Hwa, Master Yang Yang and Master Willie Lim. He has taught at numerous locations including corporate offices, senior centers, community groups and adult continuing education and enrichment programs. He has also assisted Mr. DeRosa at the local community college and through the township public schools program.

Lee has participated in the annual World Tai Chi Day celebration by performing demonstrations and running workshops. Mr. Atwater currently teaches at the RWJ Center for Health & Wellness and privately at home. He is also a certified Tai Chi for Arthritis instructor.

## Testimonials

*I have been a student of Sifu Lee's for over seven years. He has been practicing for many years under Sifu DeRosa, himself a long-time student in Master Jou Tsung Hwa's lineage. He is patient, caring, very articulate and professional.*

Richard V.

*Lee understands the philosophical, spiritual and martial aspects of Tai Chi and blends all three in his lessons.*

*He is very patient and accentuates a student's accomplishments, encourages us to work on areas that need improvement and never criticizes for not doing enough. Being a student of Lee has been a very positive experience.*

Jeff W.

## TAI CHI LEE

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*"I FOUND MY CHI WITH TAI CHI LEE"*