

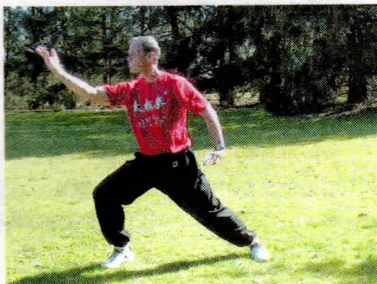
# Find Your Chi with Tai Chi Lee

Tai Chi Lee has been practicing and teaching Tai Chi in the Hamilton area for more than twenty years. Starting out at Mercer County Community College, he found his instructor in Guy DeRosa, a college professor, longtime Tai Chi practitioner and a black belt in karate. Lee has remained with DeRosa for many years, forming a special teacher/student bond.

Recently, Tai Chi Lee began teaching at the Robbinsville Senior Center to a group of enthusiastic seniors. Lee is assisted by one of his students, Aliya, who shares her knowledge of classical Indian dance and yoga, a mixture of movements that Lee and Aliya refer to as Tai Chi Fusion. They also co-host an online radio program on Blog Talk Radio called *Tai Chi Inspiration*. The informal talk show invites a local Tai Chi student or teacher to discuss their connection to Tai Chi. As Lee states, "Tai Chi Inspiration is where your personal Tai Chi story can be shared so that others can be inspired."

Lee co-teaches at Robert Wood Johnson Fitness and Wellness Center in Hamilton with a longtime friend, Donna. Lee and Donna agree that the students are a fabulous group of people that have learned to incorporate Tai Chi into their everyday lives. Lee says, "Quite frankly they are the ones who inspire me!"

In addition to RWJ Wellness Center and the Robbinsville Senior Center, Lee teaches through the Hamilton Township Adult Continuing Education program in the spring and fall. In nice weather Lee can be found practicing Tai Chi in Mercer County Park every first and third Friday of the month at 10:30 a.m. A small group of players meet in the park near the 9-11 Memorial opposite the boathouse. Anyone is welcome to participate or just watch this beautiful form of movement.



*Tai Chi Lee*

For more information, visit Lee's websites, [TaiChiLee.com](http://TaiChiLee.com), [TennisTaiChi.com](http://TennisTaiChi.com) or [TaiChiFusion.com](http://TaiChiFusion.com).