

Martin Finkelstein

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I was born Brooklyn, New York, earned a degree in Mechanical Engineering at the University of Florida and spent many years working for computer companies in the corporate world.

I came to Aspen on a skiing vacation and vowed to move here, which I did in the 70's. I have been mainly here since then to enjoy skiing, hiking, rafting, fly fishing, golf and the special energy of the people and mountains.

I was always fascinated with Chinese culture. I had searched for a way to improve health, defend myself and grow spiritually, it was then I discovered Tai Chi. Practicing for over 30 years and teaching more than 20, it has become my life work.

My feelings, thoughts and actions are best summarized by Grand Tai Chi Master T.T. Liang.

“At first I take up Tai Chi as a hobby, Gradually, I become addicted to it,
Finally I can no longer get rid of it.

I must keep on practicing for my whole life. It is the only way to preserve health.

The more I practice, the more I want to learn from teachers & books.

The more I learn, the less I feel I know.

The theory and philosophy of Tai Chi is so profound and abstruse!

I must continue studying forever and ever... It is the only way to improve and better myself”

My journey has led me to study the internal principles of Tai Chi and Qigong. I have traveled to China as well as other locations for intensive training with some of the world's great masters.

In 2013 I was hired by Valley View Hospital's Callaway Young Cancer Center to teach Tai Chi / Qigong to cancer patients, survivors & caretakers. I now teach multiple classes & workshops in the Roaring Fork Valley, CO

Sharing this knowledge has made a profound and positive effect on my students.

Sincerely, Martin Finkelstein