

Martin Finkelstein 太极

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Objective

- Share the principles, practices and health benefits of Tai Chi / Qigong

Experience

- 5 years Mindful Movement Instructor / Therapist, Tai Chi / Qigong at the Callaway Young Cancer Center, Valley View Hospital, Glenwood Springs, CO
- 35 years as a committed student of Tai Chi and Qigong
- 10 years teaching for Colorado Mountain College, Aspen, CO
- 24 years of study with Sifu Robert Cook
- Intensive training seminars in China 2004 & 2007, Master George Xu & others
- Continuing education, workshops & study, training in medical & healing Tai Chi / Qigong

Tai Chi / Qigong Education

- 2019 Tai Chi Fall Prevention, Arthritis & Sitting Tai Chi Certification
- 2019 Tai Chi Internal & Push Hands workshop, Salt Lake City
- 2017 Tai Chi Internal: Master Adam Misner workshop
- 2016 Tai Chi Internal Push Hands™ Certification: Master Richard Clear
- 2013/17 Tai Chi for Arthritis Instructors / Leaders Course International Certification
- 2014 Tai Chi Healing Workshop Master Richard Clear Certification
- 2010 Body Pyramid Qigong, Master Hong Liu Certification
- 2009 Tai Chi for Older Adults I & II, Colorado Mountain College / Academy for Older Adult Wellness Certification
- 2007 Worldwide Association for Chinese Internal Martial Arts Certification
- 2004 Instructor: Worldwide Association for Chinese Internal Martial Arts
- 2004 International Martial Arts Camp, China Certificate of Merit:

Masters & Skills

- Sifu Robert Cook Tai Chi Styles: Yang, Wu, Quan Ping .
- Sifu Robert Cook Internal forms: Bagua, Xing Yi, 8 Treasurers Qigong
- Master George Xu: Internal skills, Chi development, Push Hands,
- Master Li Jun Feng: Qigong (Awakening the Soul)
- Master Ji A Dong, Shanghai, China: Yang Tai Chi, Push Hands
- Dr. Yang Jwing-Ming Ph.D.: Yang Tai Chi, Qigong & Chin Na
- Master Jiang Zhong Bao, Shanghai, China: Chen Tai Chi & Hun Yuan Qigong
- Master Dr. Paul Lam: Tai Chi Sun Style for Arthritis / Fall Prevention

References Available by request.