

## Student Testimonials

We were fortunate to begin our Tai Chi classes with Elliott, who is both patient and informative in her method of teaching. We learned not only the proper techniques but the underlying philosophy necessary to be a true student of Tai Chi. She conveys her father Master Peng's legacy of "World Peace through World Wellness." Tai Chi is a low impact, self paced, stress reduction exercise which we find we can do regardless of our age and physical ability. - Ron and Haruko



Before I took Tai Chi I had fallen more times than I can count. In two falls I landed on my hip and had a huge hematoma. I went to physical therapy, exercise classes, but there was no improvement in my hip or back. After taking Tai Chi I noticed a change in my balance and I now have no pain in my hip whatsoever. This was the greatest gift I have ever been given in my life (I just turned 60 years old). - Peggy

You really have to experience the feeling yourself...no one can describe what Tai Chi does for you. Through Tai Chi meditation I can actually relax myself within 15 minutes or so. The benefits of Tai Chi are really endless for me. I only hope more people will realize how our bodies are capable of changing given the proper direction. - Genella

It's the Qi. It's all about the Qi. You can feel it! - David  
When I first came to class I didn't know what to expect. What a surprise I was in for! Elliott took time to give me the extra help I needed, not only to learn Tai Chi, but to understand the true meaning of "Chi" itself. - Helen

## About the Instructor



Elliott Mao is a Tai Chi Instructor, practitioner, lecturer for Nikken Natural Wellness Solutions. She has over 20 years experience in teaching Tai Chi and other health modalities. Inspired by the body, mind and spirit improvements from Tai Chi, she is expanding her classes to all age groups, going beyond the classroom to corporate offices, hospitals, senior centers and television.

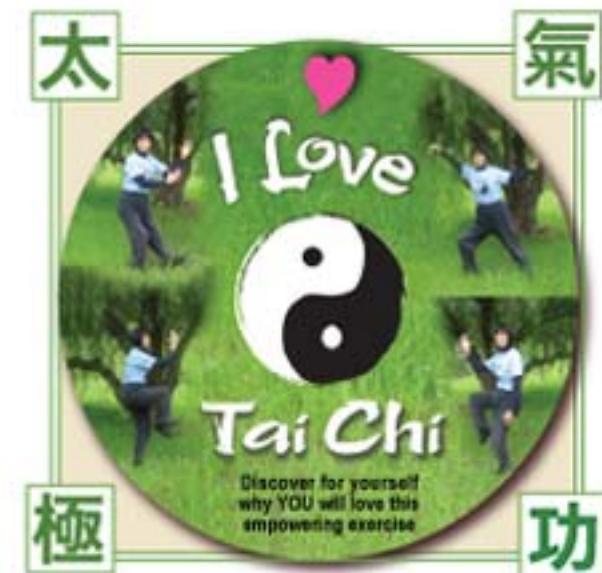
For classes or more information contact Elliott Mao at (650) 868-3745 or email [elliottmao@hotmail.com](mailto:elliottmao@hotmail.com). Visit her wellness website at [www.nikken.com/elliottmao](http://www.nikken.com/elliottmao)

*Qi is everything and everywhere:  
the primordial energy that creates life.  
Learn Tai Chi and harness the energy of Life!"*



These classes are dedicated to my father Tai Chi Master CP Peng who believed in "World Peace through World Health." He said "When people feel better, they will be more cooperative, more friendly." It's that simple.

# Learn Tai Chi !!



*Explore the centuries old  
exercise that builds a  
healthier body,  
better balance and  
a sharper mind.*

**CLASSES / DEMOS / WORKSHOPS  
LECTURES / TV SERIES**

**by Elliott Mao**

# Become Healthy through Tai Chi Chuan

## What is Tai Chi?

Tai Chi Chuan (its long formal name) translates as "Supreme Ultimate Fist." For students enjoying this ancient Asian exercise, it simply means to reach the highest with your optimal power. That may sound very challenging, but what a wonderful, no nonsense goal! The exercise is a sequence of steps culled from nature's best movements to awaken the Qi – "intrinsic energy" in you. Our bodies have not changed that much over the century, but our connection to that vital force has. It is diminished, and so unnecessarily.

## What are the classes like?

The class is 45min to 1 hour long, with 8 classes in a full session. They are based on the popular Yang Style. There are 25 basic movements in the foundation class, expanding to 85 total movements in the intermediate and advanced levels. The steps are simple and easy, taught in continuous cycles, so that the students can plug in, and pace their learning throughout the experience.

## What class should I take?

All students should begin with the foundation class. According to many Tai Chi practitioners, these 25 basic movements are essentially the heart of the exercise. Doing one set 4 times can achieve the same results as doing the entire set of 85 moves. But the more ambitious student will want to explore the other intriguing steps.

## How do I select a teacher?

This is a very important question, as many students have quit their Tai Chi pursuit because of the teacher. To this quandary, we hold the instructor entirely responsible for the student's progress! The unenlightened teacher may grumble that the student is slow or uncooperative, but it nevertheless is still his responsibility. If you are not learning anything from the class, keep searching until you find a teacher with whom you resonate.

## Where can I take classes?

Due to its growing popularity, the formerly esoteric exercise is now offered at Parks & Recreation programs, hospitals, schools and corporate settings. Contact instructor Elliott Mao (650) 868-3745 for her list of available classes.

# Tai Chi for Fitness



This is our foundation course, which starts off with the Beginner's 25 movements. You will learn basic footwork, breathing, postures, weight shifts, etc. along with fascinating information about the "Qi" that energizes all life.

There are 8 classes per session, which meet for 45min-1 hr once a week. The Intermediate and Advanced classes will learn movements 26 to 85, also for 8-class sessions. (for more details see "What are the classes like?")

# Tai Chi for Women



The Qi energy that has been harnessed over the century for its life giving force has ironically been underutilized by the most life giving souls - women!! Perhaps martial arts was not considered ladylike or her prerogative in

a patriarchal society, but the number of women taking Tai Chi Chuan is growing rapidly. The class follows the basic foundations of Tai Chi but we will apply them to those nagging issues plaguing womankind - i.e. PMS, weight gain, osteoporosis, menopause, depression, fatigue.

# Tai Chi for Kids

Who said Tai Chi is just for grown-ups? A century old exercise that builds a healthier body, better balance, more focus and coordination sounds like something you would want for your children. Through a series of simple and fun steps imitating animal and Qigong moves, we bring a fresh approach to turning 'little couch potatoes' to masters of their own Qi. Unlike other martial arts, Tai Chi is not combative or competitive. Your child will learn self-control, and relaxation for stress management - yes, kids have stress too.

# Tai Chi for Seniors

Tai Chi has been a favorite exercise among seniors for several years because it is gentle and brings invaluable benefits such as a healthier body, balance, coordination, and stress reduction. The significant reduction in falls among the older folks who are taking Tai Chi speaks volumes about its place in an exercise program. We emphasize and practice mindful moves.



# Tai Chi in Chinese

Taught in Mandarin / Cantonese / English

With booming popularity in the West, this Asian exercise is finally offered by English speaking organizations... in English! To close the language barrier for Chinese speaking health seekers, we now offer trilingual classes with contemporary learning methodologies.

# 学太极拳

語言  
英 | 粤 | 国

太極是一種有幾百年歷史的古老運動，它能幫你講造健康的體魄及平和的心態。通過一系列優美的步伐，這種流行的武術帶來了平靜，力量，平衡，舒緩壓力和其他益處。在太極和氣功師 Elliott Mao 的引導下，這門課程將十分專業且充滿趣味！

