

For Immediate Release

Stephanie's Tai Chi for Enlighteners

Contact: Stephanie Rosenblatt

Phone: (415) 302-7237

Email: Stephanie@enlighteners.com

Website: enlighteners.com

Students' testimonials: www.enlighteners.com/testimonials.html

"ENLIGHTENING" BABY BOOMERS THROUGH TAI CHI

Mill Valley, CA... As active Americans work hard to ignore passing the half-century mark, their aches, pains, and ailments such as arthritis, rising blood pressure, and high cholesterol are catching up with them. Even though 50 is the new 30, the United States' 76 million plus Baby Boomers (born between 1946 and 1964) are becoming acutely aware that they can't quite do some of the things they used to do. Choosing an appropriate exercise and meditation program can reverse the aging process by reawakening the mind and body connection...

That's where Stephanie's *Tai Chi for Enlighteners*™ (TCE) a new lifestyle program developed by certified Wu Style Tai Chi master and Integral Yoga instructor, Stephanie Rosenblatt, comes in. Her combination Tai Chi book and double DVD package (released Fall 2007) is the result of a 35-year history practicing these Eastern disciplines and a 20-year career teaching them. Stephanie has conducted health and wellness retreats nationally and internationally, is a published author, TV spokesperson, and motivational speaker.

Stephanie began referring to her senior students as *enlighteners* after teaching Tai Chi to the late Dr. Benjamin Spock in 1990 when he was 87 years old, on the Caribbean island of Tortola. Dr. Spock's book *Baby and Child Care* told mothers "You know more than you think you do." Years later Stephanie was able to mirror the teachings of the pediatrician turned Tai Chi student and tell him, "Trust Tai Chi and you will age with grace and balance."

TCE improves range of motion and balance with its subtle movements, without stressing the body. Tai Chi "oils" specific joints that are most susceptible to arthritis, while strengthening the supporting muscles and ligaments. It also improves spinal flexibility, enhances balance, increases endorphin levels, deepens breath flow and calms the nervous system. Recent medical studies have shown that arthritis, hypertension, a compromised immune system, respiratory difficulties, balance problems etc. can be treated effectively with Tai Chi.

~ See next page ~

The Taoist Monk Chang San Feng in China created Tai Chi during the 12th century after he observed a crane attacking a coiled snake with linear, sharp movements. The snake was able to avoid the attack by moving its body side-to-side in circular movements. Chang San Feng realized the snake's soft, shifting circular motions overcame the crane's hard, thrusting actions. Tai Chi developed from this awareness; the body moves with softness. The mind is focused, yet relaxed - melding physical, mental, emotional and spiritual balance.

There are many Tai Chi forms offered, however, TCE's method is the only style that teaches an easy to follow step-by-step, square format. Stephanie wears 2 different colored shoes to contrast left from right and "mirrors" the students' movements. This style is geared toward the older student; the body moves in a small, circular radius, allowing for gentler movements in the joints. It's easier to master since the student understands where to place arms, legs, torso, etc. in every step. TCE offers gentle stretches for muscles and ligaments, "oils" every joint, deepens the breath, and with the arms positioned higher than the heart, it strengthens the heart muscle without strain.

TCE also massages the inner organs and rotates the spine in all directions maintaining a higher degree of flexibility. The brain is exercised as the student learns a completely new way of moving the body, creating improved concentration, memory and sustained mental clarity. ***Tai Chi for Enlighteners***[™] is one of the few exercise programs one can start after the age of 50 that will sustain a vibrant and healthy lifestyle.

A sample copy of the ***Tai Chi for Enlighteners***[™] combination book and double DVD package is available upon request.

For more information including a sample video clip of lesson, log onto:
www.enlighteners.com

For students' testimonials, go to: www.enlighteners.com/testimonials.html

Marin Independent Journal article: www.marinij.com/lifestyles/ci_8059568

To arrange a speaking engagement and/or demonstration, contact Stephanie Rosenblatt at 415-302-7237 or stephanie@enlighteners.com