

PRESS RELEASE

Of interest to editors and journalists covering:  
Business, Video/DVD, Health/Fitness, Exercise, Holistic/Education, NY Business

Tai Chi School Of Westchester Announces Availability Of New Tai Chi Video Program - Your Private Tai Chi Lesson And Not Just Another Workout

New York, NY - Jan. 8, 2004 /Send2Press Newswire/ -- Master Domingo Colon (www.taichischool.com), a Tai Chi instructor with over 38 years experience and training in physical therapy, of Bronxville New York has created a unique fully instructional Tai Chi Video Program. Master Colon says that "...this video will enable people to move with complete balance, grace and confidence."

Renewed health and energy can be yours with Tai Chi. Recent research indicates Tai Chi can alleviate many conditions, such as arthritis, osteoporosis, and high blood pressure.

The new "Tai Chi Video Program" includes numerous features:

Not just another workout, but instead a truly instructional Private Lesson! Easily learn this 37-movement sequence and discover the beauty of Tai Chi one movement at a time.

Take an in-depth look at the Tai Chi Form. Learn about correct body alignments, health benefits, breathing patterns, Taoist philosophy, martial applications, and necessary cautions.

Answer common questions about Tai Chi exercises and principles through observing Student/Teacher interactions. This innovative format establishes a solid foundation for correct practice.

Multiple views of each exercise help you learn quickly and easily. Our review sections highlight Tai Chi's grace and control. Volumes 2 & 3, with 4 hours of comprehensive instruction, cover one year of private lessons at The Tai Chi School of Westchester.

About Master Domingo Colon:

Master Domingo Colon effectively combines over 38 years of Tai Chi experience and training in physical therapy, blending the best of Eastern and Western healing methods. He has designed many programs for seniors and individuals with special needs, such as the Multiple Sclerosis Society and the arthritis Foundation. In 1978, he founded The Tai Chi School of Westchester, where he has focused on producing outstanding certified Tai Chi teachers.

About Instructor Nicola Briggs:

Instructor Nicola Briggs assists in demonstrating and narrating this video. She has extensive experience teaching individuals with reduced mobility and chronic illness, including those with arthritis, Huntington's Disease, and A.I.D.S. In addition to her diverse teaching experience, Ms. Briggs has successfully competed in Tai Chi tournaments throughout the United States, winning several gold medals.

The "Tai Chi Workout" video instruction program retails for US\$35 plus \$5 shipping, and may be ordered online from [http://www.taichischool.com/store\\_supplies.html](http://www.taichischool.com/store_supplies.html).

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[ source of news = Tai Chi School of Westchester, est. 1978]  
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