

## CATHERINE YU

Grown up and educated in China, Catherine Yu embraces Tai Chi as her cultural heritage. She is an outstanding, compassionate, and innovative teacher.

Rooted in extensive therapeutic Tai Chi and traditional Tai Chi training in the lineage of Cheng Man-Ching style Yang short form, Catherine developed **Tailored Tai Chi & Qigong Moves for Parkinson's** for the Parkinson's community.

Catherine is passionate about using Tai Chi as a tool for pursuing longevity and a sharper mind for everyone. Blessed by many master teachers who poured their lifelong knowledge into her, she embodies the spirit of Tai Chi in her veins and serves as a guide to her students on their Tai Chi journey with grace and ease.

Catherine is especially passionate with guiding aging adults and students with neurological conditions on their Tai Chi journey in search of living life to its fullest with grace, freedom of movement, and joy.

At the same time, Catherine learns from her students as they show her how to be a guide for them and how to live life with perseverance just like them.

### **The benefits of Tai Chi training include:**

1. Refined sensitivity to the base of support, limits of stability, weight transfer and balance recovery
2. Expanded awareness of connecting and moving the body as a whole
3. Enhanced coordination, left/right brain and mind/body connection
4. Improved quality of life and a deep sense of relaxation and well-being
5. Calmer and more alert state of mind
6. Softer body with less tension and greater energy flow
7. Efficient, effective and safer movement mechanics that can be applied to daily life

### **A few words on Tai chi:**

Tai Chi is an internal art. It can only be understood through direct experience, not by reading or observing alone.

Tai Chi uses a full range of imagination to build teeter totters, pulleys, and winding-up toys with one's own body.

Tai Chi motion is guided by intention and intrinsic energy. Instead of the habitual neural pathways, it uses the intentional neural pathways to make each step and weight transfer a conscious task similar to house-building with pre-planning and step by step execution. Tai Chi changes the brain through neuroplasticity and repetition.

The thrill of Tai Chi is for the learner to experience effortless movement of the body swimming in the air.

Tai Chi has a long learning curve because the movement pattern is not habitual. At the beginning, the player is learning how to move from the center, and training the foundational footwork. It requires the learner to have patience, acceptance and perseverance with their own body and mind. A critical mindset might say, "I am not good at this." An eager mind would say, "I am going to GET IT." They are both road blocks for the learner to continue experience the joy of Tai chi.

### **Testimonials and reviews from past and current class participants**

Catherine is a special teacher of tai chi and qi gong. Her training and background in physical therapy bring a great knowledge of a person's body and anatomy and physiology, which she shared freely and effectively with her students. This has been very helpful to me as a person in my 60s who was never an athlete or on a sports team. Catherine's knowledge of tai chi is steeped in a long line of expert teachers and individuals committed to sharing the many benefits of tai chi with others. Catherine shared her knowledge with joy and good humor, supportive connection to each individual and the push and motivating energy of a sports coach. Catherine's style is gentle and firm, soft and caring, always designed with an eye toward the best she can bring out in each student. Catherine has patience with her students grounded in a realistic view of human nature and thinking, always striving to move us further along. I've learned my tai chi practice will consume the rest of my lifetime, always more to learn, apply and enjoy. Catherine's practice with me as her student brings me joy and motivates me to keep going and never give up. I see my tai chi as medicine, meditation in action, and a healthy discipline. It's hard work for me but work I value. I use my tai chi knowledge every day. I can hear Catherine's words of teaching in my mind and over time my body is learning and my heart is accepting my goals and limitations. I'm grateful to Catherine as my teacher and my friend. – Cindy (Westlake Health Campus)

"Hello Catherine, I wanted to thank you for a very enjoyable class...how great it was to go from a sitting to a standing position without holding on to the chair. This is the first time that I've done that in a very, very long time. My sincere thanks. " Barbara Z from West Bloomfield, MI after her first class on September 7, 2016

"I started TJQMBB the winter of 2015. Your interactive class has given me awareness along with multi strategies to reduce my fear and anxiety about senior falling issues. I would like to personally thank you for always presenting your training goals in a sensitive, supportive, and focused manner. Your enthusiasm and knowledge has allowed me to not only make many new friends in your classroom but also to learn useful cognitive and neuromuscular balancing techniques. Once again, I would like to thank you for providing me with more confidence, skills, and expertise in navigating the challenging senior journey." Maxine R, from West Bloomfield, MI (September 2016)

"Knowledgeable, generous with her time, exceedingly patient, committed to the program-TJQMBB Instructor Catherine Yu, also a physical therapist assistant, deals daily with senior patients injured by falls. After being introduced to TJQMBB, a program designed to prevent falls, she became dedicated to reaching and teaching as many seniors as possible. TJQMBB's key purpose is fall prevention via balance improvement and the teaching of techniques for recovery

of balance if destabilized. In my opinion, every senior who wishes to remain active, upright, and moving needs to learn the fall prevention techniques of TJQMBB. Exercise phobic, horizontally challenged, and uncoordinated since birth, TJQMBB is a Godsend for me. I who do not enjoy participating in sports or exercise of any kind have found TJQMBB to be something I am able and willing to do. Not only do I love the physical improvement in my core, leg, and ankle strength but also the increased sense of security that I have concerning my ability to avert falls. " Diana K, from Novi , MI (September 2016)

"It is exceedingly difficult to express what a wonderful gift Catherine is. She is an outstanding, compassionate, caring, dedicated teacher. Every class with Catherine is a soothing retreat. She offers simple to follow instructions, thoughtful, well-informed explanations, backed by her experience in Physical Therapy. Catherine has a unique understanding of the aging process and its challenges. She applies the principles of TJQMBB to enhance mobility and the quality of life. The only regret for her is that she cannot reach out and embrace even more. This class and this wonderful instructor have been instrumental in helping me realize strength, my energy, my positive mental outlook, and my resilience as I find my way back from cancer. The name of the class may suggest Eastern secrets and mystery. Quite simply, this brilliant instructor, Catherine, is helping her students slow the hands of time!" "M" from West Bloomfield, MI (September, 2016)

"TJQMBB with Catherine is an excellent class for balance techniques. As a senior, I was delighted to attend Catherine's class last year as well as continuing with her masterful guidance this fall. I do hope this wonderful and very informative class continues well into 2017. " Diana W. from West Bloomfield, MI (September, 2016)

"My husband Al is challenged by memory/balance problems in part due to sepsis infections. Thoughts do not always transfer to words. What was simple is now a methodical process of learning. We researched to find programs that could help him. Among the programs we elected to pursue is TJQMBB. Catherine is an outstanding coach, consultant and professional. She is careful to always help the participant to maintain a positive attitude. She explains why we are doing particular exercises, how they help with our balance. She explains how the exercises affect the brain and has considerable patience in working with us. Always she has a ready smile. Her compliments readily flow. It is obvious that she loves what she is doing. Seniors are overcomes. They are an array of courageous, intelligent people living life to the fullest as best as they can. That is how I like to look at myself and my husband. That is how Catherine likes to look at her students. And that is what accomplishes achievements." Sue and Al from Farmington Hills, MI (October 2015)

"I really enjoy coming to your class. I find the arm movements and breathing very calming and relaxing. This is something I can use, even just mentally, to relax if I feel stressed. My balance has improved since I first started your class. When standing. I do not need the security of my chair when we coordinate foot and hand movements, and I look forward to continued improvement. I would like to become more proficient and I look forward to coming to your future classes."

Deanna N from West Bloomfield, MI (April, 2015)

"I have only had the pleasure of taking 2 of your classes so far. I plan to take as many as I can from this point on! You are a Master teacher and you make it fun! I had my foot surgery in August and I hope your class will help me with my balance so I will not fall again and break my ankles and feet! I am a retired teacher on a very tight budget, so this class meets my needs for physical therapy which I cannot afford! My bill came to \$1,200.00 with my deductible and I was not getting the results I am getting with your class. Thank you again for offering such a great opportunity for Seniors in our community!" Debbie D from West Bloomfield, MI (April, 2015)

"I signed up for the Tai Chi class after three years of three surgeries. I needed something that would be gentle and soothing after years of intense exercise I did five days a week. The surgeries had set me back both emotionally and physically and I wanted to get back to honoring my soul and body. I also needed to concentrate on balance and focus since those were my primary goals. Catherine's TJQ class has helped me to do all that. The class has measured up to my expectations. I find it to be demanding enough in a gentle and stressless way. Catherine's teaching methods are impeccable. She makes the class fun as well as challenging, and I look forward to attending each lesson. Thank you for offering this type of class for senior citizens who have challenges. It is so much appreciated." Jane R from West Bloomfield, MI (April, 2015)