

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.