

TENNIS TAI CHI

**HARMONY OF MIND - INNER AWARENESS -
MENTAL FOCUS**

Elevate your game based on ancient Tai Chi principles by practicing simple, flowing movements that can help develop better body sense and harmony and tap into your inner core of energy for improved balance, flexibility and mindfulness.

What is Tennis Tai Chi?

Tennis Tai Chi is a blend of Tai Chi postures and meditative exercises that allows us to more clearly focus on our body movement.

How Will Tennis Tai Chi Help My Game?

Tennis Tai Chi will build fundamental and essential body movement principles into your tennis game to help you at all levels and will allow your existing skills to naturally emerge. By focusing on body movement instead of pure mechanics we help clear the mind, enhance our sense of “centeredness” and move from within. If we can calm the mind and focus our attention in this way, we allow our body to do the things that it has already learned.

Beginners, intermediate and advanced level players can all benefit from a more centered and body-conscious approach. And importantly, the body movement and awareness principles are not meant exclusively for tennis and they are by no means new ideas. They are age old principles that provide the foundation for this ancient Chinese martial art and they can be applied to anything that you set out to do!

Embrace Your Internal Energy,
Heighten Body Awareness and
Achieve Better Focus and Fluidity in Your Game



Based on Ancient Tai Chi Principles



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Tennis Tai Chi – “It’s not just an exercise – it’s a way of life”