

Greentaichi & Oriental Healing Arts

Dr Mark Green

Master: Tai Chi, Kung Fu, Chi Kung, Meditation

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Tina Waelzer

Dear Sir/Madam,

Tina Waelzer has been studying Tai Chi, Chi Kung and meditation with me for 20 years. By 2006 she had gained the required skill and experience to become an instructor and has been training her own students ever since. In this document I will summarise the theory and physical skills she is qualified to teach. I will also list her teaching history from 2006 to the present day. Tina is a highly skilled practitioner and an experienced teacher. In addition to the Oriental Healing Arts themselves, Tina has had extensive training in how to teach these skills. This includes adapting traditional methods to account for injuries, illness, pregnancy, and other factors that require a teacher with a deeper level of experience and understanding. Tina has never stopped learning and continues to visit me in the UK to advance her own skills. She has a wonderful, relaxed, and confident teaching style. I recommend her to you most highly. Please do not hesitate to contact me if there is any further information you require.

Sincerely

Dr Mark Green

Theory

The History of the various styles of Tai Chi Chuan

Yin Yang theory as it applies to Tai Chi Chuan

Breathing techniques

Active relaxation

The energetic architecture of the body; meridians and energy centres

The internal structure of Tai Chi Chuan & Chi Kung, including

- Sinking & Rooting

- Opening & Closing

- Expansion & Contraction

- Coordination of breath & movement

- Alignment of the skeleton & the biomechanics of Tai Chi & Chi Kung

- Chen Style body wave mechanics

- Loose heavy movement

Forms & Training Methods

Standing meditation
Seated stillness meditation
The 8 Pieces of Silk Brocade Form
Tai Chi Sheng Gong Form
Yang Style Tai Chi 24 movement Form
Yang Style Tai Chi 32 movement Sword Form
The 13 Postures of Chen Style Tai Chi
Sheng Zhen Chi Kung Forms according to Master Li Junfeng;
 Heaven Nature Gong
 Heart Spirit as One
 Heart Mind as One
 Listening to the Heart
 Releasing the Heart
 Return to Spring
 Awakening the Soul

Training History

With Master Mark Green 2002-2022

It is hard to be precise about how many hours of tuition Tina has received as her training spans 20 years and we weren't keeping count. Consequently, these are my conservative estimates of the minimum number of hours I have instructed Tina in Tai Chi & Chi Kung. The true number may be significantly higher.

Group Classes; minimum of 300 hours

Private Lessons; minimum of 150 hours

Private 1 day workshops; 9 days, minimum of 6 hours each day; 54 hours

With Master Li Junfeng

08/2009; 4 day course at the Sheng Zhen Society, Berlin; 28 hours

12/2021; 18 day Meditation Retreat via Zoom; 18 hours

With Master Li Jing

Tina is a member of the international Sheng Zhen community. She regularly participates in Sheng Zhen webinars, training sessions and meditation classes with Master Li Jing (the daughter of Master Li Junfeng).

In summary, Tina has received a minimum of 550 hours of tuition, over 200 of which were one to one private lessons. She has also had a significant number of additional online lessons.

Teaching History

London, U.K.

St Marks Meditation Centre, 2006-2008; Weekly Chi Kung & Tai Chi Classes; 120 hours

Sifu Jazmin Velascos' Tai Chi Class, 2008; Guest Chi Kung Instructor; 10 hours

Muswell Healing Arts, Natural Health Clinic, 2008-2010; Weekly Chi Kung & Tai Chi Classes; 100 hours

Healan Centre, Natural Health Clinic, 2010-2011; Weekly Chi Kung & Tai Chi Classes; 30 hours

Private Chi Kung Class, 2009; 10 hours

Private client lessons, 2006-2011; 50 hours

Germany

TCM clinic Susanne Butscher, 2014-2016; Weekly Chi Kung & Tai Chi Classes; 86 hours

Physiotherapy practice Iris-Maria Bossmans, 2015-2017; Weekly Chi Kung & Tai Chi Classes; 50 hours

Tina Waelzer Studio, 2016-2019; Weekly Chi Kung & Tai Chi Classes; 76 hours

Tina Waelzer Studio, 2022; Private Chi Kung Class; 20 hours

Private Chi Kung Class, 2014; 10 hours

Private Bi-Weekly Chi Kung & Tai Chi class, 2018-2019; 42 hours

In summary, Tina has 604 hours of teaching experience.