

Tai Chi Lab in Cambridge



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OBJECTIVE

Enhancing well-being, health, confidence and quality of life through delivering excellence in the application & exploration of tai chi chuan & mindfulness in a range of situations, including public, community, clinical, educational and corporate

EDUCATION

1999 – Current: Taijiquan School of Central Equilibrium
2009 – 2010: School for Social Entrepreneurs
2002 – 2005: Breathworks CIC, Mindfulness Trainer Training
2002 – 2005: Shiatsu College London

WORK EXPERIENCE

2012 – Current: Resident Tai Chi Instructor, Windhorse, Cambridge
2007 – Current: Freelance Tai Chi Instructor, various short-term work, clients have included:
Novartis, Astrazeneca, University of East London
2005 – Current: Resident Tai Chi Instructor, Bodywise, London
2010 – 2011: Sessional Tai Chi Instructor, Swanlea School, London
2010 – 2011: Sessional Tai Chi Instructor, Linkage Plus, Poplar, London
2010 – 2011: Sessional Tai Chi Instructor, Young @ Heart, LBTH, London
2010 – 2011: Sessional Tai Chi Instructor, Cardiac Rehab Dept, London Chest Hospital
2007 – 2011: Sessional Tai Chi Instructor, Neighbours in Poplar, London
2005 – 2007 : Sessional Tai Chi Instructor, Queens Park United Reformed Church

2005 – 2011: Part-time Shiatsu Practitioner, Bodywise
Specialising in drug rehabilitation, NAFAS, East London
2005 – 2011: Resident Breathworks CIC Mindfulness Trainer, Bodywise
Specialising in pain & stress reduction

OTHER SKILLS

2012 – Current: Property Manager, Windhorse Trading, Cambridge
2007 – 2011: Manager, Bodywise Yoga and Natural Health Centre, London
1999 – 2003: Centre Director, London Buddhist Centre

- Extensive experience of leading, managing & participating in teams
- Business management in Community Sector involving fund-raising, commercial activity, legal & regulatory conformance, administration and IT management
- Experienced meditation teacher with pastoral responsibilities including leading residential retreats

INTERESTS

- Family and friends !
- Western art, in particular – dance, contemporary music, literature & philosophy
- Oriental & Eastern culture including language, the arts, martial arts & spiritual traditions
- Travel - exploration and cycling
- Environmental concerns

REFERENCES

- **Bodywise Yoga and Natural Health Centre**:: Dh Jnanavaca, Chair of Bodywise Trustees, 51 Roman Road, Bethnal Green, London E2 0HU, Email: jnanavaca@yahoo.co.uk
- **Tower Hamlets Council**: Madonis Thomas, Leisure Management Contract & Partnership Officer, Directorate of Communities Localities & Culture, Sport and Physical Activity, Tower Hamlets Council, Town Hall, Mulberry Place, 5 Clove Crescent, London E14 2BG, Email: madonis.thomas@towerhamlets.gov.uk