



Tai Chi, Qigong & Konst

Martin Vinaver

TAI CHI & QIGONG

COURSES FOR COMPANIES

I am an experienced Tai Chi and Qi Gong teacher with more than 30 years teaching groups of all kinds. I offer tailor-made courses for companies and organizations at their workplace. Relaxation and stress management, which leads to moving meditation is an important element within Tai chi and Qi gong.

More than a physical workout activity, Tai Chi/Qi gong gives the employees many health benefits, physically, mentally and emotionally. It helps the employees become more focused and efficient at their workplace. It is also called Medicinal Tai Chi or Tibetan Yoga and it can be a less expensive wellness alternative for the company's employees. Tai Chi (health promotion) is a tax-free benefit and it is deductible for the company. I help the employees feel good while reducing the costs of absenteeism in the company!

You don't need equipment like Yoga mats or exercising machines and it can be done at your company's location.

I will gladly give you a class demonstration. A short moving sequence can be seen here:

<https://vimeo.com/124754674>

For now I can conduct classes in English, French or Spanish.

MARTIN VINAVER – HIGHLIGHTS

- Studied with renowned masters in Japan, France, USA and Mexico.
- Specializes in the Yang Jia Michuan style of Tai Chi Chuan, known as the old school Yang style.
- Won a U.S. Martial Arts Championship with the 42 competition sequence at the North-Eastern U.S. National Wu-Shu tournament in New York, 2000.
- Member of the Yanjia Michuan Taiji Quan Association France.
- Has been teaching for many years in schools, art centers, parks, homes, wellness centers and to company employees.



Price: 2 200 kr/hour
Max 30 participants per group
Place: The company's location

Tai Chi & Qigong trainee program in accordance to agreement.