

Sifu Mario Mayorga

Sifu Mario Mayorga, Co-owner of 5 Elements Martial Arts & Wellness Center, has trained in various forms of martial arts, including: Taekwondo, Aikido, Kung Fu, Tai Chi, and Chi Gong, since 1993. He earned his black belt in Kung Fu in 1999 and specializes in teaching Northern Shaolin Kung Fu, Zhaobao and Yang-style Tai Chi Chuan. Since then, he's been teaching kung fu at martial arts studios, public schools, and in private lessons all over San Diego. His passion for teaching is driven by showing his students to find a deep and expressive connection within themselves.

In 2000 Sifu Mario met Master Zhao Weidong, a 13th generation Zhaobao Tai Chi Master. Sifu Mario feels that Master Zhao was the most influential teacher in his martial arts training, and helped him to uncover the many internal secrets hidden in tai chi. In 2010 Sifu Mario became certified as a massage therapist, and opened 5 Elements with Instructor Keith, with the main focus of combining the Northern Shaolin and Wing Chun Kung Fu. 5 Elements also provides many other healing bodywork practices such as yoga, tai chi, chi gong, and massage therapy. In 2012 Sifu Mario finished his Holistic Health Practitioner's training at the Internal Professional School of Bodywork (IPSB), with over 1200 hours. In 2014 he completed a special teacher-training course at IPSB, and has been continuing his mentorship with many great healers. Sifu Mario feels that continued self develop leads to becoming a better practitioner of your craft.

He is currently spending much of his time refining his martial arts skills and exploring different martial art styles such as Brazilian Jui Jitsu, and training with ICE Urban Combat Martial Arts. In addition to his martial arts training, he has spent extra time exploring activities such as yoga, gymnastics, ballroom dancing, hiking, and bike riding.



San Carlos Branch Library

7265 Jackson Drive
San Diego, CA 92119

Introduction to T'ai Chi Chuan

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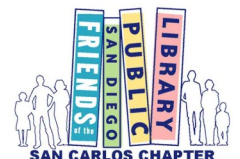
Every Monday at 9:30 (starting January 5)



Tai chi chuan (taijiquan) is a soft internal style of Chinese martial arts. The movements in tai chi develop mindfulness, using conscious breathing with soft graceful movements that are low impact and easy on the joints. Tai chi movements linked with breathing encourages a natural state of mind and body that is calm, relaxed, and present, which improves the quality of someone's life. Movements improve strength, balance, coordination, lowering stress hormones, and enhances cardiovascular health. When movements and principals of tai chi are practiced, a person will start to unify the body, mind, and spirit, by balancing the energy in the body. This training is seen as an efficient health system that increases the health and longevity by bringing harmony to the emotions, and opens the spirit.

In this class we will explore shifting states of mind and reconnecting with our body in the present moment. We will do this by playing with breathing exercises linked with movements, which are connected with various styles of chi gong. Students will also experience a flow through of the first 3rd of the Yang-style tai chi chuan short form. Students will see how this is a meditative dance, playing with natural rhythms of the body as we listen closely to the flow of movement, breathing, heart tempo, and clarity of mind.

This class is sponsored through the
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