

Raj Singh, Tai Chi Instructor

Raj has been practicing Martial Arts for over twenty years. He holds certification as First Dan Instructor in 8 Step Praying Mantis by the American Chinese Martial Arts Federation and is a certified Zen Bodytherapy Practitioner by the International Zentherapy Institute. Raj comes to YogaOne from California where he has instructed Tai Chi for several organizations. "Tai Chi applies physics and geometry on the human body; allowing use of space, time, and gravity through practical application, bringing better understanding to the mind-body connection".