

Michael P. Garofalo

Taijiquan and Qigong Instructor

Qualifications

Began Studying T'ai Chi Ch'uan and Chi Kung in 1986

Cloud Hands Website Publisher

An Extensive Taijiquan and Qigong Website

<http://www.egreenway.com/taichichuan/index.htm>

Valley Spirit Taijiquan

Organizer and Instructor

Currently Teaching:

Yang Style Taijiquan Long Form, 108 Movements

Eight Section Brocade Qigong

Taijiquan Short Form, Beijing Standard 24 Movement Form, Yang Style

Tai Chi for Diabetes, Yang-Sun Style, 11 and 19 Movement Forms

Thirteen Treasures Walking Qigong

B.A. Philosophy, CSU Los Angeles

28 Units of Graduate Studies in Philosophy

Specialties: Eastern Philosophy and Religion, Ethics, Aesthetics

M.S. in Library and Information Science, University of Southern California

32 Units of Graduate Studies in Education, CSU Chico

Certificates

T'ai Chi for Diabetes, Certified Instructor (10/03-10/05)

State of California Substitute Teacher Permit, Tehama County (10/98-3/04)

American Red Cross: Adult, Child and Infant CPR (10/98-7/04)

American Red Cross: Community First Aid and Safety (10/98-7/06)

American Heart Association: Healthcare Provider CPR & AED (9/02-9/04)