

# JULY INSTRUCTOR SPOTLIGHT: CHRISTINA LEE



## MEET CHRISTINA

Christina has been in the fitness industry for 3 years. Originally, she was encouraged by Tai Chi colleagues at THPRD to pursue teaching. With the pandemic in 2020, those plans were postponed and shifted to teaching Tai Chi to grade school children in the Beaverton School District in 2021.

She has been with THPRD for 12 years, having taught early literacy and art classes at the Athletic Center from 2012-2020. Christina became an instructor to share her passion for the practice.

Tai Chi is an integral part of her life and has enriched it in ways she hadn't expected. It brings her such joy. It's a great mind and body workout--invigorating and meditative at the same time. It made Christina more in tune with her body and breath. It's a lifelong journey. There is always more to discover, refine, and learn. She hopes as an instructor, she can bring that joy and that sense of body and mind connection to others. Christina enjoys reading, cooking, gardening, doing jigsaw puzzles, taking fitness classes, and hanging out with friends and family. She is also passionate about picking Oregon berries throughout the summer and apples and pears in the fall. Her favorite pastime is practicing Tai Chi, which you can find her doing daily.

## ADVICE TO PATRONS

"It's never too late to start. A little bit of foundational work and steady effort yields rewards. After the learning component, you just giving yourself over to the movement and practice. When you find something you love, it becomes an extension of who you are."

## REWARDING MOMENT

"My most rewarding experience as an instructor has been hearing from patrons about how tai chi has affected them—improved balance, greater mind and body awareness, general attitude and energy lift/boost to their day, and expanded community with other tai chi enthusiasts. I also appreciate that patrons challenge me to be a better teacher—sometimes changing up cueing, how I describe movements, or breakdown the forms."

## SPECIALTIES AND FACILITIES

### Certifications:

#### Qigong

Tai Chi for Better Balance 8 Form  
Short/Long forms of Yang-Style Tai Chi

### Train with Christina:

#### **Garden Home Recreation Center:**

Tuesday, 11:30-12:30: Yang-Style 24-Form (Tai Chi II)  
Thursday, 11:30-12:30: Yang-Style 108-Form (Tai Chi III)

#### **Cedar Hills Recreation Center:**

Tuesday, 1:00-2:00: Tai Chi for Better Balance (Tai Chi I)  
Thursday, 1:00-2:00: Yang-Style 24-Form (Tai Chi II)  
Friday, 12:00-1:00: Yang-Style 108-Form (Tai Chi III)