

Milo Fox has over 20 years of Tai Chi experience. After receiving Master William CC Chen's "blessing of competence" in 2003 he has gone on to teach people of all ages and abilities at gyms, martial art schools, and the NYC Department of Parks & Recreation. He is certified to teach through Dr. Paul Lam and the Tai Chi for Health Institute.

After learning the form from Yang style Master William CC Chen he studied Nei Gong, a style of qigong, with Master CK Chu. Milo's classes teach both the popular Yang style form and Nei Gong stances for a gentle, full body workout performed at the student's own ability and pace.

From self defense to inner harmony and a full body workout: Not only are all of the muscles and tendons conditioned but the unique forms exercise the internal organs as well. Tai Chi also increases flexibility without stretching out.

Tai Chi is a highly scientific, ancient martial art with many of the benefits of Yoga and Pilates that can be practiced by people of all ages and abilities. Plus, it's fun!

