

“Enlightening” Baby Boomers through Tai Chi. Choosing the appropriate exercise and meditation program as you age makes the difference for success!



Stephanie Rosenblatt, creator of TCE

FOR IMMEDIATE RELEASE:

As active Americans studiously ignore passing the half century mark, their aches, pains, rising blood pressure and LDL counts are starting to catch up with them. And even though fifty is now the new thirty, this country’s 76 million plus Baby Boomers are becoming acutely aware that they can’t quite do some of the things they used to do. But in some ways they can do better.

And, that’s just the point of **Stephanie’s Tai Chi for Enlighteners™**, a new lifestyle program developed by Stephanie Rosenblatt. The combination book and double DVD package (release this fall) is the result of a 35 year career in practicing and teaching healthful lifestyle techniques. A certified Yoga

and Tai Chi Chuan instructor, wellness retreat facilitator, as well as a healthy (but “it better taste good too”) cooking advocate, Stephanie will be returning to Charleston to launch her Tai Chi for Enlighteners program with an appearance and book signing at the **MUSC Harper Student Center Auditorium at 45 Courtenay Drive, Charleston, SC 29403 on Thursday, October 25th at 10:00 am to 11:30 am and 7:00 pm to 8:30 pm. Both appearances are open to the public.**

Stephanie will speak about her unique program, lead an interactive discussion and a demonstration of the specialized Wu style of Tai Chi that she believes is perfect for men and women 50 years and older. She’ll show how her step-by-step technique is easier to learn than conventionally taught classes, and share the story of her own journey. Stephanie’s animated personality and bright, but modest presence is refreshing in today’s heavily promoted health and exercise industry. Find out why Stephanie created the “Enlightener” concept after having the pleasure of teaching **Dr. Benjamin Spock** tai chi on a Caribbean island when he was 87 years old!

When asked why her approach is different, Stephanie said, “This is not just an exercise program....keep an open mind....this is more personal, more powerful and much more rewarding in coming to terms with not only aging and who you are, but how much more you can become....no matter what age when you start. This is one of the only physical programs I know of that improves as you age”.

For more information log onto: www.enlighteners.com or contact Stephanie at 415-302-7237