

Craig Millers Tai Chi Bio

Craig Miller has been a student of Tai Chi for over 15 years. He has been teaching Tai Chi for 8 years. Craig practices and teaches meditation, Qi Gong, including Shibashi style, and the Chen, Yang and Sun styles of Tai Chi. He teaches both the standing and seated forms consisting mainly of Dr. Paul Lams systems. He is trained in fall prevention and is a member of the "Show Me Falls Free Missouri" coalition. Craig also practices push hands.

Craig started his journey while taking his Mom to a Tai Chi class thinking it would help her with her Parkinson's disease. He started feeling the health benefits almost immediately for himself. He first noticed better balance, improved health and was sleeping better at night. Craig's Mom also noticed an improvement in the Parkinson's symptoms. Craig practiced Tai Chi with his Mother, until her passing in 2014.

Craig teaches people of all age groups. He has a fondness in his heart for people with Parkinson's and other chronic diseases. He teaches four classes a week for people with Parkinson's, two classes at local nursing homes and one class at the Jewish community center adult day care. He has successfully taught people with Arthritis, Parkinson's, MS, Polio, Cardiac issues, Diabetes, Myasthenia Gravis, stroke recovery, spinal cord injury, joint replacement, stress reduction and balance problems.

Craig has a wife and two girls and enjoys reading, weather, BBQing, canoeing and camping. He lives in South County (Lindbergh School District for you lifelong St. Louis people) and his goal in life is to make Puka Dogs.

Craig has over 1500 hours of teaching and is certified by the American Arthritis Association to teach Tai Chi. He is also certified in Fall Prevention. He also holds First Aid and CPR certifications. Craig has trained with Kym Huie, Jef Morris, Chen Huixian, [pronounced Chen Who-shen], Mark Rasmus, Master Yun Xiang Tseng (Chen) and Dr. Paul Lam. Craig is in training to become a senior trainer in Dr. Lam's organization, one of only 52 in the country and the 2nd in Missouri. Presently Craig teaches 15 classes in 8 locations totaling over 170 students every week providing instruction in Tai Chi, Qigong and meditation.