

Hi love: The original idea of the website was based on me not coming back. Now that I'm here with a waiting list of people wanting to register for classes, please add that option to the site. People can register through Eventbrite too. Please find the information for eventbrite below.

Thank you

HERE'S THE BREAKDOWN ON HOW TO POST ON THE WEBSITE
THANK YOU.

ABOUT DR. BEAUVAIS

My Journey to Wellness

Sifu Danielle Beauvais discovered the transformative power of Tai Chi during her own journey through personal challenges with anxiety and chronic pain. What began as a search for healing became a life-changing passion that has now touched thousands of lives worldwide.

With over 25 years of dedicated practice and teaching, Sifu Beauvais has developed a unique approach that integrates traditional Tai Chi principles with modern therapeutic techniques. Her method addresses not just physical wellness, but the interconnected nature of mental, emotional, and financial well-being.

"I believe that true healing happens when we address every aspect of our lives," says Sifu Beauvais. "Tai Chi taught me that our bodies, minds, and spirits are not separate entities, but parts of one beautiful, integrated system that deserves our gentle attention and care."

Her groundbreaking work in financial wellness through mindfulness practices has helped countless individuals break free from limiting beliefs about money and abundance.

Sifu Beauvais is a globally recognized Board Certified Tai Chi Master Instructor, science based holistic healer, and transformative speaker, bridging ancient wisdom with cutting edge science. With fluency in four languages, Sifu Beauvais' seminars empower

individuals worldwide to unlock their innate healing potential through Tai Chi, Qigong, and a unique synthesis of neuroplasticity, quantum physics, epigenetics, and holistic modalities.

As an internationally sought-after second generation Master in multiple Tai Chi styles, Sifu Beauvais has a Doctorate in the field of Philosophy and Divinity, along with numerous accolades, certifications, and recognition from local and regional leaders.

Sifu Beauvais' mission is to assist billions in unlocking the body's innate healing powers, transcend limitations, and manifest a life of vibrant health and wealth.

(from home page)

MENTAL HEALTH MASTERY

Transform Your Mind/Body

The objective of this transformative 5-hours Mental Health Mastery Seminar (lunch included) is to introduce Tai Chi, Chi Gong as a supportive method of exercise to the 450,000.000 plus people on antidepressant or in need of better mental health in order to revolutionize the relationship between mental and emotional well-being.

Key Benefits:

Daily 7-15-minute morning routines for anxiety relief

Breathing techniques to control invisible energy

The rewire of your energetic body for panic attack

Mindfulness Tai Chi practices for emotional regulation

Conscious control to shape your reality.

2,847 students

\$99.00

Buy seminar video \$79.50

33% OFF

Learn more

-FROM COURSES PAGE

(please remove the time and lesson on the right side)

MENTAL HEALTH MASTERY

Transform Your Mind/Body

Mental Health Mastery is a transformative 5-hours Seminar (lunch included) that will revolutionize the relationship between mental and emotional well-being. Through the gentle yet powerful practice of Tai Chi, combined with some of the most guarded secrets from ancient technology, this seminar teaches how to navigate life's challenges with grace, resilience, and inner peace with consistent practice.

COURSE CURRICULUM

Module 1: Foundation: Understanding the Mind-Body Connection

Mental illness as a dysfunction of Qi (life force) flow and nervous system dysregulation. The role of breathing in healing.

Module 2: Breath as Medicine: Therapeutic Breathing Techniques

Master powerful breathing techniques that can instantly calm anxiety and regulate your nervous system.

Module 3: Moving Through Emotions: Tai Chi for Mood Regulation

Learn specific Tai Chi and Chi Gong sequences designed to process and transform difficult emotions.

Module 4: Mindful Awareness: Present-Moment Practices

Develop the skill of mindful awareness to break free from anxious thoughts and depressive patterns.

Module 5: Stress Transformation: From Tension to Flow

Transform your relationship with stress through movement-based practices and cognitive reframing.

Module 6: Building Your Daily Practice

Create a sustainable daily practice that fits your lifestyle and supports long-term mental wellness.

Module 7: Advanced Techniques for Difficult Emotions

Advanced practices for working with trauma, grief, and other challenging emotional states.

Module 8: Integration: Living Your New Mental Wellness

Integrate everything you've learned into a comprehensive approach to mental wellness.

Module 9: Mental Rewiring & Self-Healing Blueprint

Guided Breath

Experience how mind-body practices recalibrate your system.

(from home page)

Physical Wellness and Healing

Gentle Healing for Body & Spirit

Experience the gentle power of Tai Chi for physical healing. Perfect for seniors, those with chronic pain, or anyone seeking a sustainable approach to fitness and flexibility.

3,521 students

What You'll Learn:

- Chair-based modifications for limited mobility
- Pain relief sequences for common conditions
- Balance and fall prevention exercises
- Gentle strength building without strain

\$99~~\$149~~

33% OFF

-FROM COURSES PAGE

(STAYS AS IS PLEASE)

Physical Wellness Journey

Gentle Healing for Body & Spirit

The Physical Wellness Journey is a comprehensive 5-hours seminar designed specifically for those seeking gentle, effective healing for their bodies. Whether you're dealing with chronic pain, recovering from injury, or simply want to maintain your physical health as you age, this course provides safe, accessible practices that honor your body's wisdom.

3,521

Students

4.8

Rating

\$99~~\$149~~ 33% OFF

Enroll Now - \$99

Buy seminar video \$79.50

Course Curriculum

Module 1: Getting Started: Safety and Modifications

Learn proper form, safety guidelines, and how to modify movements for your unique needs to improve balance, flexibility, strength, and coordination through its slow, controlled movements..

Module 2: Foundation Movements: Building Your Base

Master the fundamental Tai Chi movements that form the foundation of all practices.

Module 3: Balance and Stability Training

Improve balance and prevent falls with targeted exercises and techniques.

Module 4: Gentle Strength and Flexibility

Build functional strength and flexibility without strain or impact.

Module 5: Pain Relief Sequences

Specific sequences for common pain conditions including back pain, arthritis, and fibromyalgia.

Module 6: Energy Flow and Vitality

Learn to cultivate and direct your body's natural energy for increased vitality.

Module 7: Advanced Movements and Combinations

Progress to more complex movements as your strength and confidence grow.

Module 8: Chair Tai Chi Adaptations

Complete Tai Chi practice adapted for those with limited mobility or who prefer seated practice.

Module 9: Creating Your Personal Practice

Design a personalized practice routine that fits your schedule and physical needs. Strategies for maintaining your physical wellness practice for years to come.

From home page

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Financial Abundance Mindset

Wealth consciousness development

Revolutionary approach to manifest financial abundance through mindfulness practices. Break through money blocks and create a healthy, abundant relationship with wealth.

1,893 students

What You'll Learn:

- Identifying and releasing money blocks
- Abundance meditation and visualization
- Mindful spending and saving practices

\$99~~\$14~~

[View Course Details](#)

-FROM COURSES PAGE

Course Curriculum

Module 1: Understanding Your Money Story

Uncover the unconscious beliefs and patterns that shape your relationship with money.

Module 2: Releasing Financial Fears and Blocks

Use movement and breathwork to release deep-seated fears and limiting beliefs about money.

Module 3: Abundance Mindset Cultivation

Develop a genuine sense of abundance through mindfulness practices and cognitive reframing.

Module 4: Mindful Money Management

Learn to make financial decisions from a place of calm awareness rather than fear or impulse.

Module 5: Wealth Visualization and Manifestation

Powerful visualization techniques combined with Tai Chi movements to align with financial goals.

Module 6: Creating Your Financial Wellness Plan

Integrate everything you've learned into a comprehensive plan for ongoing financial abundance.

BELOW “FREE CLASSES”

Ready for More?

Love our free classes? Dive deeper and register for live classes now designed to transform your mental, physical, and financial well-being.

[Back to Home to Register for live classes or online classes](#)

**PLEASE ADD THIS INFORMATION UNDER FAQ
AND THOSE ANSWERS IN MY CHAT BOT
PLEASE.**

Does Tai Chi really help with mental illness?

Tai Chi can help with mental illness by reducing stress, anxiety, and depression through its gentle, mindful movements and deep breathing techniques. It promotes relaxation and improves emotional regulation, which can help stabilize mood and reduce negative thought patterns. Practicing Tai Chi regularly can also enhance self-awareness, boost self-esteem, and improve sleep—factors that are often disrupted in mental

illness. Its meditative nature fosters a sense of inner calm and connection, supporting overall mental health and well-being.

Why practice Tai Chi?

Practicing **Tai Chi** regularly has been shown to have a variety of **positive effects on overall wellness** supported by both scientific studies and traditional practices.

Can practicing Tai Chi reduce stress?

Tai Chi's slow, mindful movements combined with deep breathing activates the **parasympathetic nervous system** (the "rest and digest" mode) to lower cortisol (stress hormone) levels and help practitioners feel more relaxed.

Does Tai Chi Improve mood and reduce symptoms of Depression and Anxiety?

Physical movement, breath focus, and meditative attention in Tai Chi can alter brain chemistry (increased serotonin, dopamine). Several clinical trials show reductions in **anxiety, depression, and mood disturbances**, especially in older adults or those with chronic illness.

How about memory, coordination and attention can Tai Chi practice help keep my brain active?

Studies (particularly in older adults) show improvements in **executive function, memory, and processing speed**.

What can Tai Chi help improve in my life?

For one focused awareness to help reduce rumination and regulate emotions - Improves Sleep Quality by reducing physical and mental tension and promoting relaxation - better balance, strength, and control - feeling

more confident in your physical and mental capabilities - higher self-esteem and resilience in daily life.

How long and how often do I practice Tai Chi?

According to Sifu Beauvais, practicing Tai Chi for better health and wellness upon waking for about 15-30 minutes and before sleep 10-20 minutes daily.

How do I register for classes?

PLEASE SEND THEM TO THE EVENTBRITE PAGE

AND

UNDER THE “Comprehensive Wellness

Transformation Courses

Structured programs are designed to create lasting change in your mental, physical, and financial well-being. Each course combines ancient wisdom with cutting edge science.

**8,000+ Students
4.8 Avg Rating**

**BTW YOU ALREADY PUT THE VIDEOS UNDER “INTERVIEWS
EXPERT INSIGHTS AND GUIDANCE”**

ALSO PLEASE ..

INSTEAD OF “buy on coursera” PLEASE ADD “Join our Membership for 30% off online classes”. **AND .. PLEASE ADD “JOIN OUR MEMBERSHIP NOW to get 30% off live and online Tai Chi classes) UNDER EACH OF THE FREE 23 VIDEOS YOU HAVE UP PLEASE. THAT’S TO ENCOURAGE PEOPLE TO SUBSCRIBE.**

OUR MEMBERSHIP IS \$9.99/MONTH

4.9 STARS for all three courses

ADD ON EVENTBRITE

PLEASE FREEZE A PIC OF ME THAT’S FROM THE VIDEO ON THE HOME PAGE AND ADD THAT SINGLE PICTURE OF ME ON EVENTBRITE.

ONLY THE INFORMATION ABOUT EACH CLASS ON THE “HOME PAGE” GOES ON THE EVENTBRITE PAGE FOR EACH EVENT (FOR

NOW THE FIRST EVENT WILL BE ON "**FINANCIAL ABUNDANCE**" ON SATURDAY OCTOBER 18, 2025 LOCATION TBD.

AND REPLACE 30 days money back guarantee WITH Get credit for our next class if unable to attend after payment .. somewhere on the bottom of the site of the eventbrite page. NOT ON THE WEBSITE PLEASE.

AND ADD THE COURSE IS 5 HOURS LONG - LUNCH IS INCLUDED

THANK YOU SO MUCH LOVE