

**Hi love:**

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.

# MENTAL HEALTH MASTERY

Develop a personalized practice for mental resilience and healing

Discover the profound connection between Tai Chi's mindful movement and mental wellness. This comprehensive Master course combines ancient Tai Chi wisdom with modern therapeutic techniques to help you overcome anxiety, depression, stress, PTSD, Trauma, Burnout / Fatigue.

**2,847 students**

## What You'll Learn:

Daily 30-minutes morning routines to have a great day

How mental ailments manifest energetically, physically and financially.

Core techniques for mental wellness.

\$99.00

33% OFF

## VIEW COURSE DETAILS

### Understanding the Energetic Roots of Mental Illness

The Mind-Body Loop: Mental Ailments as Energetic Imbalances

Mental illness as a dysfunction of Qi (life force) flow and nervous system dysregulation

### Mental Rewiring & Self-Healing Blueprint

Guided Tai Chi practice

How mind-body practices recalibrate the system

## **Module 1: Foundation: Understanding the Mind-Body Connection**

Explore the scientific basis of how movement affects mental health and establish your practice foundation.

## **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 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.