
MARGARET MATSUMOTO

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SUMMARY

- * T'ai Chi teacher, Trainer of T'ai Chi instructors.
- * Over 25 years devoted to spreading the benefits of T'ai Chi, blending the poetic wisdom of the East with the pragmatic clarity of the West.
- * Strong communication and public speaking skills.
- * Extensive expertise and experience in fostering teamwork, leadership, program innovation & implementation.

PROFESSIONAL EXPERIENCE

- 2000-present **National Women's Health Resource Center**
Consultant as T'ai Chi expert
- 1999-present **Sarah Lawrence College**, Bronxville, NY
Faculty member
- 1998-present **T'ai Chi Foundation**
T'ai Chi Foundation Board member
Teaching consultant for TCF board
- 1998-present **Rodale Press** (includes Men's Health and Prevention Magazine)
Consultant as T'ai Chi expert
- 1988-present **The International School of T'ai Chi Chuan, Inc.**
School Director and Dean of Faculty
Roles include: media spokesperson, touring lecturer, Admissions Committee chairperson, program and curriculum development, administrator and training coordinator
- 1976-1982 **The School of T'ai Chi Chuan, Inc.**
Helped found the incorporated school of Master Prof. Patrick Watson and helped guide its expansion/growth.
Designed and implemented teacher training programs.
Assisted in the development of training manuals.
Taught and supervised teachers nationally and internationally.
Member of the Editorial staff, The T'ai Chi Press.
- 1972-1976 **Self-employed**
Helped found four US teaching centers for movement and meditative arts, specializing in programs from the Arica Institute & The School of T'ai Chi Chuan, Inc.

PRESENTATIONS

- 1998-1999 The Ford Foundation, NYC
“Reduce Stress Through T’ai Chi” & series of classes for employees.
- 1998 Pennsylvania Dept. on Aging
Co-authored book chapter, “Exercises to Improve Balance” in FRIENDS (Fall Reduction Initiative: Establishing New Directions for Safety) Program Manual.
- 1995 Gary Null video: “Stress Management, a Natural Approach”
Presentation of T’ai Chi component
- 1995 Nathan Cummings Foundation, Rye NY
Staff retreat presentation “Reduce Stress Through T’ai Chi”.
- 1994-1998 Columbia Presbyterian Hospital, NYC
Self Magazine, NYC
“T’ai Chi for Healthy Lifestyle and Cardio Fitness”
- 1974 -present Senior centers, hospitals and recovery centers, NYC
“The Eight Ways”^(sm), simplified T’ai Chi for senior centers, adult day care centers, rehabilitation participants and staff.

EDUCATION

- 1974-1982 Studied under master, **Prof. Patrick Watson**
T’ai Chi Chuan form, push hands, sword, philosophy

Authorized to teach entire school curriculum from beginners through the most advanced level courses, including related studies of push hands, sword, and T’ai Chi philosophy.
Authorized to train teachers.
- 1972-1988 **Arica Institute**, New York NY
Movement and meditative arts

Graduate of Arica programs.
Certified to teach a variety of programs in meditation, movement and health awareness including Arica’s unique fitness regimen; Psychocalisthenics™.
- 1967-1971 Graduated **Syracuse University**, cum laude
B.A. Anthropology