Welcome to GateWay!

Our Commitment

• Expert instruction by certified teachers
• Respect for each student’s fitness level and limitations
• A focus on mindfulness
• Good humor, patience and fun!

Our Focus: Mindfulness

Everything we teach at GateWay is designed to put people in touch with their breath and their bodies. We offer a wonderful array of physical and meditative exercises to heighten your awareness.

In yoga classes, we scan our bodies for sensation, actively coordinate breath and movement, and bring attention to our posture and alignment.

In our taiji and qigong classes, we use a variety of physical and mental techniques to feel, build and channel qi (the Chinese word for energy).

In our martial arts classes (taiji, pushing hands and taiji sword) we use mindfulness to focus and concentrate power and feel our opponent. Learn more about mindfulness at GateWay

Visit Us!

We’re located across from the Hannafords Plaza in Portsmouth’s West End. Click here for a map.

See next page for class descriptions.

Go to a typical gym, and you’ll find most people wearing headsets. Their minds are somewhere else.

At GateWay, our goal is to be fully awake, fully present and fully in touch with our physical selves.

Gateway Taiji, Qigong & Yoga

www.gatewaytaiji.com  875 Islington Street, Portsmouth, NH  603-553-2624
We Invite You to Learn and Practice With Us!

Please visit our online calendar for a schedule.

Taiji for Wellness

Millions of people throughout the world practice Taiji for health, fun and fitness. At GateWay, we offer beginning and continuing classes in the Yang Style 108-Move Long Form. As opposed to western style exercise, which focuses on major muscle groups, Taiji is focused on strengthening the joints, ligaments and tendons, emphasizing softness and whole-body motion. Practicing Taiji enhances flexibility, balance, circulation, body awareness and memory. Learn more about the benefits.

Martial Arts

Thousands of people throughout the world pursue Taiji as a highly effective defensive martial art. Taiji relies on the principals of yin and yang, along with the support of the body's Qi, for its effectiveness. Our martial arts classes at GateWay include weekly Pushing Hands and Taiji Sword Form classes as well as special seminars in Chin Na and other advanced Taiji forms. Gateway Founder, Bill Buckley, is a YMAA-certified instructor in both Taiji and Chin Na. He is a nationally ranked competitor who has been practicing and teaching Taiji as a martial art for over 25 years. Learn more about Bill's credentials.

Qigong

Qigong, literally translated, means “energy work.” Qi (Chi) is the Chinese word for energy. Through the practice of Qigong, you can learn to develop and channel your qi for medical, martial and spiritual purposes. There are many Qigong “sets,” and we offer classes in one or more of those sets each season. Instructor Bill Buckley has been certified by two of the world’s pre-eminent qigong Grand Masters: Dr. Yang Jwing Ming and Mantak Chia. Learn more about Qigong at GateWay.

Taiji for Balance

Extensive national research has shown that the practice of Taiji can improve balance and reduce the risks of falls. At GateWay, we offer both beginner and continuing taiji for balance classes taught by certified instructors. The beginner's class follows the Taijiquan: Moving for Better Balance curriculum developed by Dr. Fuzhong Li and a group of researchers at the Oregon Research Institute. Students in the continuing class move beyond that curriculum to learn the Yang Style Taiji Long Form - with a focus on balance and strength-building movements.

Yoga

The practice of yoga can improve your flexibility, strength, balance, range of motion, stability and peace of mind – and best of all, it leaves you feeling relaxed and energized. At GateWay we offer gentle and intermediate classical and Kripalu style yoga classes, as well as several specialty yoga classes, including Restorative Yoga, YogaQi (a unique blend of yoga and qigong), Self-Healing Yoga, and Yoga and Cancer. All of our experienced instructors are RYT certified, and all emphasize mindfulness, coordinated breathing and safe body alignment.

Meditation

Every Tuesday and Friday morning at 7:30, we host a by-donation meditation session, and every January, we host the 40-day Winter Feast for the Soul. We invite you to drop in or become a regular for this refreshing and centering practice. Our resident Certified Mindfulness Teacher, Liz Korabek-Emerson, also offers mindfulness workshops at GateWay throughout the year.

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