



*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.*



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 Studio

Gateway Taiji, Qigong and Yoga is located at 875 Islington Street in Portsmouth, NH in the historic Button Factory. Our large ground-floor studio provides a spacious, sunlit, inviting environment that is cool in summer, warm in winter and always welcoming! We're accessible by foot, bike, car & public transportation. On-site parking.



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.

Visit Us!

We're located across from the Hannafords Plaza in Portsmouth's West End.

See next page for class descriptions.





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.

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.

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.