



Alonzo “Zochi” Young: Discovering Your Hidden Treasures- MU-i Taiji



Alonzo “Zochi” Young is the founder of Tenesu, a certified teacher/facilitator in Trauma & Healing informed methodologies, Corporate and Community Wellness, Conflict Resolution, Non-Violent Communications, Leadership Embodiment, and Executive/Personal Defense. He is a master teacher, and has a long experience in various martial arts. Zochi uses holistic and evidence-based modalities that create a transformative container for an enriched learning experience. Discover MU-i Taiji, meditation and medicine in motion as you uncover your hidden treasures.

TOP EMBODIMENT TIP: Hold the value of your practice, not just in your training but out into the world.

We extend our practice to those that we meet in the world and are examples of what embodied practice can actually be; you change the world one person at a time.

Stepping Into Life In A Centered Way: Taking us Back to Universal Oneness

- Physical practices - tangibility of the invisible.
- We need intention - a stream of consciousness that **galvanizes the universe** and provides you focus.
- Meditation - Inner stillness practice.
- Alignment - **become a conduit for the energy** that flows through you, inwardly and outwardly.
- Breath: the major key that unlocks the hidden doors within us to get to authenticity.
- Training - what we do in safe places (the studio, dojo).
- Practice - what we do out in the world.
- Integration - bringing training into real world situations.

Tai Chi: A Dance with the Divine

- How we connect with Universal Wholeness.
- Moving meditation, medicine, a journey to self actualization.
- An art of **inner and outer self defense**.

MU-i Tajai: Means Fearless

- Stepping into life, **being courageous**, even when there is uncertainty.
- The movement is a metaphor for what we want in our lives.
- Designed to nourish the spirit, establish balance, joy and wellbeing.
- A ‘movement for movements’ - helps you **move forward and bring about change** in the world.

❖ **Books:** The Alchemy of Change and the Transformative power of intention. Alonzo “Zochi” Young.

❖ **Website:** <https://zochi.life>

❖ **FaceBook:** <https://www.facebook.com/fearlessAlonzo>

❖ **References:** Stephen Kow Roshi



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



[Accept Rafe's Free Gift →](#) Discover the roadmap to a more meaningful movement practice and download the FREE "Whole Food Movement Blueprint." PLUS get exclusive TEC bonuses when you sign up for the Evolve Move Play Foundations program. Discover the roots of our disembodied fitness culture, and the pathway to a more meaningful movement practice and life with the [Evolve Move Play Method](#).