

# Lima Eid

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## Profile

An accredited Traditional Chinese Medicine Acupressure Massage Therapist with a background in learn-to-swim, fitness and Tai Chi instruction. Works as a massage therapist, and conducts community Tai Chi classes. Has studied and practiced tai chi for 7 years under four teachers including Master Zhang Hao and Dr. Paul Lam. Possesses a strong desire to promote Tai Chi to a diverse range of people presenting to various groups such as Lymphedema support group, seniors groups, people with disabilities, physiotherapists, Carers Association, primary school students and conference delegates.

## Education

- Chi-Chinese Healing College  
2004-2005: Dip. Traditional Chinese Medicine Remedial Massage
- Macquarie Fields TAFE  
2001: Diploma of Recreation (Fitness)  
1998: Certificate II in Sport & Recreation Fitness Instruction
- NSW Department of Sport & Recreation  
1997: Austswim People with Disabilities (extension course)  
1996: Austswim Certificate

## Specialist Skills

- Tai Chi 24 Form
- Tai Chi for Diabetes
- Tai Chi 6 Form
- Shibachi (Tai Chi Qi-gong)
- Acupressure Massage (HLT50102)

## Career Details

### **Meditation in Motion    Massage Therapist & Tai Chi Instructor    2002-Current**

MIM is Lima's own company he instructs in the traditional Chinese approach to healing via the use of acupressure massage and tai chi, with a focus on clearing the blockages within the meridian system. Lima currently runs 5 classes per week in various locations around western Sydney and performs massage in his home clinic by appointment and corporate seated massage on-site.

## Achievements

- Conducted a series of tai chi courses for physiotherapists, doctors and other hospital staff at Braeside Rehabilitation Unit Fairfield for the purpose of relieving stress in a high stress environment.
- Accomplished the specialised qualifications required to become an 'Active Over 50's' course provider.
- Sparked an interest within the most senior participants in the class to take responsibility for their on-going health and wellbeing, via the use of tai chi.
- Led and promoted 'World Tai Chi Day' in the Fairfield City Council and Chester Hill areas, motivating many locals from the surrounding communities to participate, thus introducing tai chi into their lives.
- Implemented an OH&S relaxation massage to corporate clients to assist employees to regain focus and reduce downtime.