



Ramel Ronés

In 1983, after completing service in the Israeli army and studying Kung Fu and Zen meditation, Ronés came to Boston to study with Dr. Yang, Jwing-Ming, a well respected master of martial arts and leading author of books and videos on the subject of the eastern arts, Chi Kung, Tai Chi, and other Chinese Arts. Ronés continues to pursue the study of the human body from both an eastern and western perspective from renown masters and instructors around the world. For three years in a row (1991 - 1993) Ronés won the Gold Medal for Tai Chi, Middle Weight Pushing-Hands, and Straight Sword in the International North American Chinese Martial Arts Competition. These accomplishments earned him membership on the North American Team which demonstrated across China in 1994, during which time Ronés earned three more Gold Medals for external and internal Weapons and Tai Chi.

After achieving success in martial competitions, Ronés turned his attentions to helping others; training students who went on to achieve gold medals in 1995 and 1996, teaching how to care for and heal injuries, dealing with the challenges and side effects of diseases and aging, relieving stress, and improving quality of life for people of all ages. These health care needs challenged Ronés to translate and modify the principles of the eastern arts, Chi Kung, Tai Chi, Kung Fu, Meditation, and Yoga into a method for creating the physical, mental, and spiritual environment for all bodily systems to function in the best way possible for better health, higher quality of life and stronger immune functioning.

His methods, experience and success earned him recognition and financial support such as: state and federal grants from Elder Community Centers, Institutions and Councils (The Council on Elder Affairs in Chelsea, and The Dedham Council on Aging), Children's Schools, Science Museums, Medical Centers (Tufts) and Cancer Institutes around Boston and the world, most notably in conjunction with the Dana Farber Cancer Institute; "The study of Immunologic Activity in 2 Exercise Programs for Patients with Cancer" (the first of its kind research, designed by Ramel in 1998).

Since 1998, Ronés has served as consultant in complementary therapies at the Tufts Center for Physical Fitness, and as a member of the Dana Farber complementary research committee. Since 2004 Ronés served as scientific consultant to Dana Farber Cancer Institute, and at the Harvard and Tufts Medical Schools, co-authoring numerous scientific publications. He has collaborated with the New England Medical School to research "The Effect of Tai Chi on Rheumatoid Arthritis Patients."

He lectures, teaches and illustrates the applications and techniques of the eastern arts in hospitals, institutions and schools around the world. In 2005 *The Institute for Body, Mind and Spirituality* at Lesley University offered Ronés' intensive workshop on cancer for course credit and also presented him as a speaker at *Promising Practices in Alternative and Complementary Healthcare with a Focus on Cancer*. He appears on international television shows (such as CNN, National Geographic), videos, DVD's, in newspapers (The Boston Globe, Newsweek), magazines (April 2003 issue of *Spirituality & Health* features Ronés and his work with cancer), and books, in addition to contributing articles to international publications. In 2000, he designed, implemented, and appeared in the Mind/Body portion of the exhibition *The Secrets of Aging* at the Museum of Science in Boston, one of six major museums around the country hosting the exhibit.