

BENJAMIN HILL BEY

VICE PRESIDENT & CO-FOUNDER

Research • Preservation • Movement • Wellness • Community

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Benjamin Hill Bey, Vice President and Co-Founder of Tian Yi Foundation, has been a driving force behind the organization's development through more than six years of close collaboration with President and fellow Co-Founder Louis Diaz Ali El. Through thousands of hours of training, research, comparing methods, and exchanging ideas, Ben and Louis explored how principles found within Tai Chi, Qigong, Baguazhang, Wushu, and traditional Chinese martial arts could reach beyond martial arts schools and become accessible forms of movement for people of all ages and abilities. Building upon decades of martial arts experience and the knowledge and influence of their teachers and colleagues, their shared work has gradually brought together other respected instructors, practitioners, and advisors who contribute their experience to a growing collaborative effort.

The shared vision behind Tian Yi is ultimately about movement, wellness, and community. As Vice President and Co-Founder, Ben continues to play an important role in the research, development, and preservation of the principles upon which that vision is built. The goal is an accessible and standardized approach that supports balance, mobility, coordination, flexibility, relaxation, healthy aging, and continued physical activity—without requiring someone to first become a martial artist. Whether someone is a senior working on balance, a beginner simply trying to move more comfortably, or an experienced practitioner seeking deeper training, the philosophy remains the same: meet people where they are, keep them moving, and give them somewhere to grow. The long-term goal is to bring this collective approach to communities across the country.

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