

# STANWOOD CHANG

## TAIJIQUAN INSTRUCTOR

12 Crestview Drive, Unit 30  
Spencer, MA 01562  
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www.suntaichiboston.com

### experience

- June, 2009–  
present      **Founder & Director**, Sun Tai Chi Institute of Boston  
<http://www.suntaichiboston.com>
- January, 2014–  
present      **Program Manager**, Eight Active Ingredients of Tai Chi Teacher Training Program, Tree of Life Tai Chi Center  
<http://www.treeoflifetaichi.com/teachertraining.php>
- October, 2007–  
present      **Instructor**, Tree of Life Tai Chi Center  
<http://www.treeoflifetaichi.com>
- March, 2010–  
present      **Instructor**, Benson-Henry Institute for Mind Body Medicine, Massachusetts General Hospital  
<http://www.mgh.harvard.edu/bhi/services/treatmentprograms.aspx?id=1432>
- April, 2012–  
present      **Instructor**, Tai Chi for PD, Osher Clinical Center for Complementary and Integrative Medical Therapies, Brigham & Women's Hospital/Beth Israel Deaconess Medical Center/Harvard Medical School  
<http://www.bidmc.org/Centers-and-Departments/Departments/Neurology/Parkinsons-Disease-and-Movement-Disorders/Wellness-Programs-and-Support-Groups/Tai-Chi-for-PD.aspx>
- January, 2013–  
present      **Instructor**, Cheng-Tsui Integrated Health Center, Beth Israel Deaconess Medical Center  
<http://www.bidmc.org/integrativecare>
- October, 2013–  
present      **Instructor**, LEAP (Long-term Exercise After Pulmonary Rehab) COPD Study, Beth Israel Deaconess Medical Center/Boston VA Hospital/Harvard Medical School
- December, 2015–  
present      **Instructor**, MiWiSH (Mind-Body Wellness in Supportive Housing) Study, Hebrew Senior Life/Beth Israel Deaconess Medical Center/Harvard Medical School
- July, 2010–  
June, 2015      **Founder & Director**, Silk Reeling (Chen tai chi)  
<http://www.silkreeling.com>
- September, 2013–  
December 2015      **Instructor**, Brain Fit Club, Beth Israel Deaconess Medical Center  
<http://www.brainfitclub.org>
- September, 2011–  
December, 2015      **Instructor**, BEAM (Breathing, Education, Awareness, Movement) COPD Study, Beth Israel Deaconess Medical Center/Boston VA Hospital/Harvard Medical School
- March, 2009–  
June, 2015      **Instructor**, Defense-Wise Martial Arts  
<http://www.defensewisemartialarts.com/TaiChi.htm>
- October, 2007–  
May, 2015      **Instructor**, PULSE (Prep Urban Learning Service Experience), St. John's Preparatory School

March, 2012–  
August, 2013

**Instructor**, TEACH (Tai Chi and Educational Activities for Cardiovascular Health) Frailty Study,  
Hebrew Senior Life/Beth Israel Deaconess Medical Center/Harvard Medical School

June, 2006–  
September, 2006

**Instructor**, Tai Chi Mind-Body Therapy for Chronic Heart Failure Study, Beth Israel Deaconess  
Medical Center/Harvard Medical School

## training

Yang style (Cheng Man-Ching) tai chi, 4th-generation practitioner  
Dr. Peter Wayne  
Somerville, MA

Sun style tai chi, 4th-generation practitioner  
Master Thomas Duterme  
Mountain View, CA

Chen style tai chi, 21st-generation practitioner  
Master Wang Haijun  
Manchester, England

## certification

Tai Chi Teacher Training Program  
Tree of Life Tai Chi Center  
September, 2008

(600-hour certification requirements: 100 class hours of Teacher Training, 100  
practical hours of Level I/Level II instruction, 300 class hours of Level III  
Advanced Tai Chi, 100 class hours of Tai Chi Push Hands)

## references

Dr. Peter Wayne, Assistant Professor of Medicine and Director of Tai Chi and Mind-Body Research Programs, Harvard  
Medical School; Founder and Director, Tree of Life Tai Chi Center

➤ pwayne@partners.org  
➤ (m) 617-623-1173

Dr. Gloria Yeh, Assistant Professor of Medicine, Harvard Medical School; faculty member, Division of General Medicine and  
Primary Care, Beth Israel Deaconess Medical Center

➤ gyeh@bidmc.harvard.edu  
➤ (m) 617-384-8562

Dr. Aditi Nerurkar, Director, Cheng-Tsui Integrated Health Center, Beth Israel Deaconess Medical Center

➤ anerurka@bidmc.harvard.edu  
➤ (w) 617-667-9751

Dr. Darshan Mehta, Medical Director, Director of Medical Education, and Staff Physician, Benson-Henry Institute for Mind  
Body Medicine

➤ dmehta@partners.org  
➤ (w) 617-643-6090

## education

Bachelor of Arts, Music Technology, 1993  
Berklee College of Music  
Boston, MA