

STANWOOD CHANG

TAIJIQUAN INSTRUCTOR

12 Crestview Drive, Unit 30
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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
<https://www.bensonhenryinstitute.org/services-tai-chi-classes/>
- 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>
- April, 2017–
present **Instructor**, Home Base Intensive Clinical Program, Massachusetts General Hospital/Red Sox Foundation
<http://homebase.org/clinical-care/clinical-care-support/intensive-clinical-program-national-regional/>
- 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>
- October, 2007–
May, 2015 **Instructor**, PULSE (Prep Urban Learning Service Experience), St. John's Preparatory School
- March, 2009–
June, 2015 **Instructor**, Defense-Wise Martial Arts
<http://www.defensewisemartialarts.com/TaiChi.htm>
- September, 2013–
December 2015 **Instructor**, Brain Fit Club, Beth Israel Deaconess Medical Center
<http://www.brainfitclub.org>

June, 2006–
September, 2006 **Instructor**, Tai Chi Mind-Body Therapy for Chronic Heart Failure Study, Beth Israel Deaconess Medical Center/Harvard Medical School

September, 2011–
December, 2015 **Instructor**, BEAM (Breathing, Education, Awareness, Movement) COPD Study, Beth Israel Deaconess Medical Center/Boston VA Hospital/Harvard Medical 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

training

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

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

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

certification

Tai Chi Teacher Training Program (600-hour certification requirements: 100 class hours of Teacher Training, 100
Tree of Life Tai Chi Center practical hours of Level I/Level II instruction, 300 class hours of Level III
September, 2008 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