

STANWOOD CHANG

TAIJIQUAN INSTRUCTOR

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

current appointments

- June, 2009–
present **Founder & Director**, Red Panda Tai Chi Institute
<http://www.redpandataichi.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>
- 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
<https://www.bidmc.org/centers-and-departments/neurology/programs-and-services/parkinsons-disease-and-movement-disorders-center/programs/parkinsons-disease-program/patient-education-and-support/wellness-works-program>

past appointments

- July, 2010–
June, 2015 **Founder & Director**, Silk Reeling (Chen tai chi)
- April, 2017–
March, 2022 **Instructor**, Home Base Intensive Clinical Program, Massachusetts General Hospital/Red Sox
Foundation
- March, 2010–
December, 2018 **Instructor**, Benson-Henry Institute for Mind Body Medicine, Massachusetts General Hospital
- January, 2013–
September, 2018 **Instructor**, Cheng-Tsui Integrated Health Center, Beth Israel Deaconess Medical Center
- September, 2013–
December 2015 **Instructor**, Brain Fit Club, Beth Israel Deaconess Medical Center
- March, 2009–
June, 2015 **Instructor**, Defense-Wise Martial Arts
- October, 2007–
May, 2015 **Instructor**, PULSE (Prep Urban Learning Service Experience), St. John's Preparatory School

medical studies

- November, 2023– **Instructor**, Combined Chiropractic and Tai Chi for Chronic Non-Specific Neck Pain Study,

current	Brigham and Women's Hospital/Harvard Medical School
November, 2021— August, 2023	Instructor , A Mobile Tai Chi Platform for Fall Prevention in Older Adults with Mild Cognitive Impairment Study, Spaulding Rehabilitation Hospital/Harvard Medical School
September, 2021— February, 2022	Instructor , Integrating Chiropractic Care and Mind-Body Training for the Treatment of Non-specific Chronic Neck Pain Study, Brigham and Women's Hospital/Harvard Medical School
June, 2019— May, 2021	Instructor , Mindful Steps: Coupling Technology and Mind-Body Exercise to Facilitate Physical Activity in Patients With Cardiopulmonary Disease Study, Beth Israel Deaconess Medical Center/Harvard Medical School
October, 2013— December, 2017	Instructor , LEAP (Long-term Exercise After Pulmonary Rehab) COPD Study, Beth Israel Deaconess Medical Center/Boston VA Hospital/Harvard Medical School
December, 2015— November, 2017	Instructor , MiWiSH (Mind-Body Wellness in Supportive Housing) Study, Hebrew Senior Life/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
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 (since October, 2003)
Dr. Peter Wayne

Chen style tai chi, 21st-generation practitioner (since September, 2005)
Master Wang Haijun

Sun style tai chi, 4th-generation practitioner (since January, 2006)
Master Thomas Duterme

certifications

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)
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Original Strength RESET Coach
October, 2019

references

Dr. Peter Wayne, Research Director, Osher Center for Integrative Medicine, Brigham and Women's Hospital; 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

Lissa Kapust, LICSW, Parkinson's Center Wellness Coordinator, Beth Israel Deaconess Medical Center

➤ lkapust@bidmc.harvard.edu

➤ 617-667-5150

education

Bachelor of Arts, Music Technology, 1993

Berklee College of Music

Boston, MA