

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

Anatomy, movement, perception (since August 2016)
Mary Bond

certifications

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)

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

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➤ 617-667-5150

education

Bachelor of Arts, Music Technology, 1993

Berklee College of Music

Boston, MA