



Michael Meyers



Michael has studied with a number of Tai Chi masters and Tai Chi instructors and has been practicing Tai Chi for over 30 years and teaching for over 20 years. He teaches a Yang style of Tai Chi, specifically Professor Cheng Man-Ch'ing's short form. He also teaches some Qi Gong and Chan Si Gong exercises to supplement the Tai Chi form. He currently teaches at the University of Wisconsin-Milwaukee, Westwood Health and Fitness Center and at the East West Connection Martial Arts & Wellness. In the past, he has taught for the Wisconsin Parkinson's Association, YWCA and some local businesses.

Michael's teaching emphasizes developing coordination, balance, whole body/mind-body connection, mindfulness, structural strength and a relaxed, flexible body.