



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, a hospital cancer wellness center and the East West Connection. 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.