

TaiChi Quan Instructor: YI YANG, PhD

Master Yang (Ph.D.) inherited traditional Yang style TaiChi, and has been studying and practicing it for over 30 years. For the love of TaiChi, in 2016 Master Yang dedicated himself to practicing 300 days of TaiChi on his own along the beautiful Lake Michigan shore. Then an idea suddenly struck him. Why not do more for the community helping people adopt healthier lifestyles through practicing TaiChi together. So, Master Yang created Lakeshore TaiChi Group focusing on coaching TaiChilearners' graceful movements in natural environments along with relaxing music. Master Yang is a resident in northside of Chicago, Illinois and has been working at Northwestern Feinberg School of Medicine for 25 years. He has been teaching Lakeshore TaiChi for over 280 hours in person as well as 300 hours of online classes.

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