

Sitting Tai Ji: Rising From the Stillness

Dr. Zibin Guo, Ph.D., UTC Medical Anthropologist

International Tai Ji Master Dr. Zibin Guo will debut his Sitting Tai Ji routine that will be featured in the Opening Ceremonies of the 2008 Paralympic Games in Beijing, China. Tai Ji is a Chinese movement system that provides both exercise and relaxation. Dr. Guo has developed this sitting version and has adapted it for persons using wheelchairs or otherwise sitting down.

