Erika earned her PhD in English from the Ohio State University, and works as a lecturer in the UC Davis University Writing Program. Erika has studied Guang Ping Yang and Yangjia Michuan Taiji as well as Ashtanga yoga. Erika enjoys how Taiji brings meditation and the martial arts together in a calming and strengthening practice.

Philip works in Environmental Health & Safety as a Biosafety Officer. He has been doing Tai Chi with the previous instructor for the past year. He enjoys learning Tai Chi during the lunch hour with fellow practitioners – it provides a nice break in the workday. The welcoming and friendly environment also keeps him going to the sessions.

Ron is an assistant director in the Undergraduate and Prestigious Scholarship unit of Financial Aid. He’s worked in the Financial Aid and Scholarship office for ten years. The best part of his job is that he gets to give away other people’s money. He enjoys learning and growing as a leader while being able to have an impact on those who allow him. The Tai chi class has been an avenue for him to do both.