

Who We Are

Redding Tai Chi is composed of people of all ages who share a common interest in staying healthy by learning and practicing the meditative exercise of Tai Chi. Classes are taught in person and online, and anyone, regardless of age, can take lessons.

In addition to classes, we have free weekly practice sessions in the McConnell Arboretum & Gardens every Saturday morning at 8:00 am that are open to the public. We also hold special events to promote Tai Chi in our community, such as celebrating World Tai Chi Day and meeting every New Year's morning to "Start the New Year with Tai Chi".



Contact Us

Redding Tai Chi Meditation Garden

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Improving Health & Well-Being
Through Meditative Exercise



*- Discover the
Timeless Art of Tai Chi -*

Our Mission & Vision

Volunteers from Redding Tai Chi have established a 501(c)(3) non-profit, the *Redding Tai Chi Meditation Garden*, to fund and create a Tai Chi court for meditative exercise. This will be our gift to the community, fostering good health, relaxation, peace, and reducing emotional trauma. Our project will provide opportunities to educate the public about Tai Chi, promoting it as a healthy exercise while respecting its history and culture. *Turtle Bay Exploration Park*'s leadership has expressed willingness to consider a location in the *McConnell Arboretum & Gardens* if we successfully raise funds to construct and maintain a court. This brings our community a project seamlessly blending art and nature—a place for practicing Tai Chi and other low-impact exercises in a peaceful setting.

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Practicing Tai Chi may help to improve balance and stability... reduce back pain and pain from knee osteoarthritis, and improve quality of life in people with heart disease, cancer, and other chronic illnesses.

- National Institutes of Health

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OUR GOAL

Total raised is \$117,494.



WAYS YOU CAN HELP

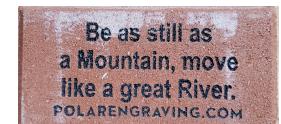
Supporting our project is simple and flexible. You can contribute through various means, including cash, check, or credit card donations. Choose a one-time gift or make monthly contributions. Personalize the space by purchasing a brick with your name or that of a loved one, or consider sponsoring a commemorative bench for a unique touch. Your financial support is crucial in bringing this project to completion. No donation is too small – every contribution, regardless of size, plays a vital role in creating a serene haven for our community. Join us in making a difference today!

MAKE A DONATION

Effortlessly support us by setting up a monthly donation through PayPal. Your consistent contributions ensure the sustained growth of this project and fosters well-being within our community. Join us in making a difference every month! To make a PayPal donation, go to reddingtaichimg.org/donate/

BUY A BRICK

For \$125, you can help fund the project and leave a permanent gift to someone you admire or care about. The bricks will be placed by the benches. Order at: polarengraving.com/reddingtaichi



SPONSOR A BENCH

The *Redding Tai Chi Meditation Garden* will be the only Tai Chi court of this design on the West Coast. Your support can leave a lasting imprint on this unique space. Consider sponsoring a bench with a \$5,000 donation, and become part of the eight benches that will encircle this unparalleled community project.



USE CORPORATE MATCHING FUNDS

Many companies offer matching funds for their employee's donations. Please consult with your HR Director to find out if this option is available to you or through Benevity.org