Who We Are

The Redding Tai Chi Meditation Garden is a 501(c)(3) nonprofit organization dedicated to creating a beautiful public space for Tai Chi, meditation, and other gentle forms of exercise. Through the generosity of donors and community supporters, we have raised substantial funds toward making this vision a reality.

The organization is guided by a volunteer Board of Directors whose members generously contribute their time and effort to advance the project.

Working in cooperation with the City of Redding and a local concrete contractor, we are moving forward with plans to construct the Tai Chi Court at Enterprise Park, just beyond the Kid's Kingdom playground.

Once completed, the Redding Tai Chi Meditation Garden will be open to everyone, providing a peaceful setting where people of all ages can enjoy movement, relaxation, and the natural surroundings.



Volunteers helping clean up the site



Redding Tai Chi Meditation Garden

Contact Us

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Redding Tai Chi Meditation Garden

A Place for Movement, Meditation, and Community



Proposed Tai Chi Court at Enterprise Park

Our Mission & Vision

The Redding Tai Chi Meditation Garden was established to create a permanent public space dedicated to health, relaxation, and peaceful reflection.
The centerpiece will be a circular Tai Chi court featuring the traditional Yin-Yang symbol, surrounded by eight commemorative benches. Located within Enterprise Park in Redding, it will provide a welcoming environment for Tai Chi, meditation, and other low-impact activities.
Our vision is to offer a lasting gift to the community — a place where people can gather, exercise, or simply enjoy a moment of tranquility.
Through this project, we also hope to encourage greater awareness and appreciation of Tai Chi and its cultural heritage.

> **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

OUR PROGRESS

Thanks to the generosity of our donors, we have raised substantial funds toward construction.
We have signed a Memorandum of Understanding with the City of Redding for a location at Enterprise Park, just beyond the Kid's Kingdom playground.
We are now working with our concrete contractor on construction preparations, bringing us closer to completion.

WHY WE STILL NEED YOUR SUPPORT

Although we have made significant progress, additional funds are needed to ensure the Redding Tai Chi Meditation Garden's long-term success.
Your donations will help us cover:

- Unforeseen construction expenses that may arise as work progresses.
- Ongoing maintenance, including periodic cleaning and resealing of the concrete surface to preserve its appearance and durability.
- Insurance, including protection for our Board members and accident coverage for the Redding Tai Chi Meditation Garden.

Our responsibility extends beyond building the project. We want to ensure that it remains a beautiful, safe, and welcoming community space for years to come.
Every contribution helps us build and care for this lasting community gift.

WAYS YOU CAN HELP

Make a Donation
Your tax-deductible contribution will support the completion and future care of the Redding Tai Chi Meditation Garden.
One-time and recurring donations are welcome. To contribute online, visit: reddingtaichimg.org/donate/

Buy a Commemorative Brick
For $125, you can purchase an engraved brick honoring a loved one, recognizing a special occasion, or showing your support for the Garden.
The bricks will be placed near the commemorative benches.
Order at: polarengraving.com/reddingtaichi

Sponsor a Bench
Eight commemorative benches are planned for the Garden, offering visitors places to rest, reflect, and enjoy the surroundings.
A $5,000 sponsorship provides an opportunity to honor someone special while helping create this lasting community space.
Please contact us for information about remaining sponsorship opportunities.

Corporate Matching Gifts
Many employers match charitable donations made by their employees. Ask your employer whether your contribution to the Redding Tai Chi Meditation Garden qualifies for matching funds.