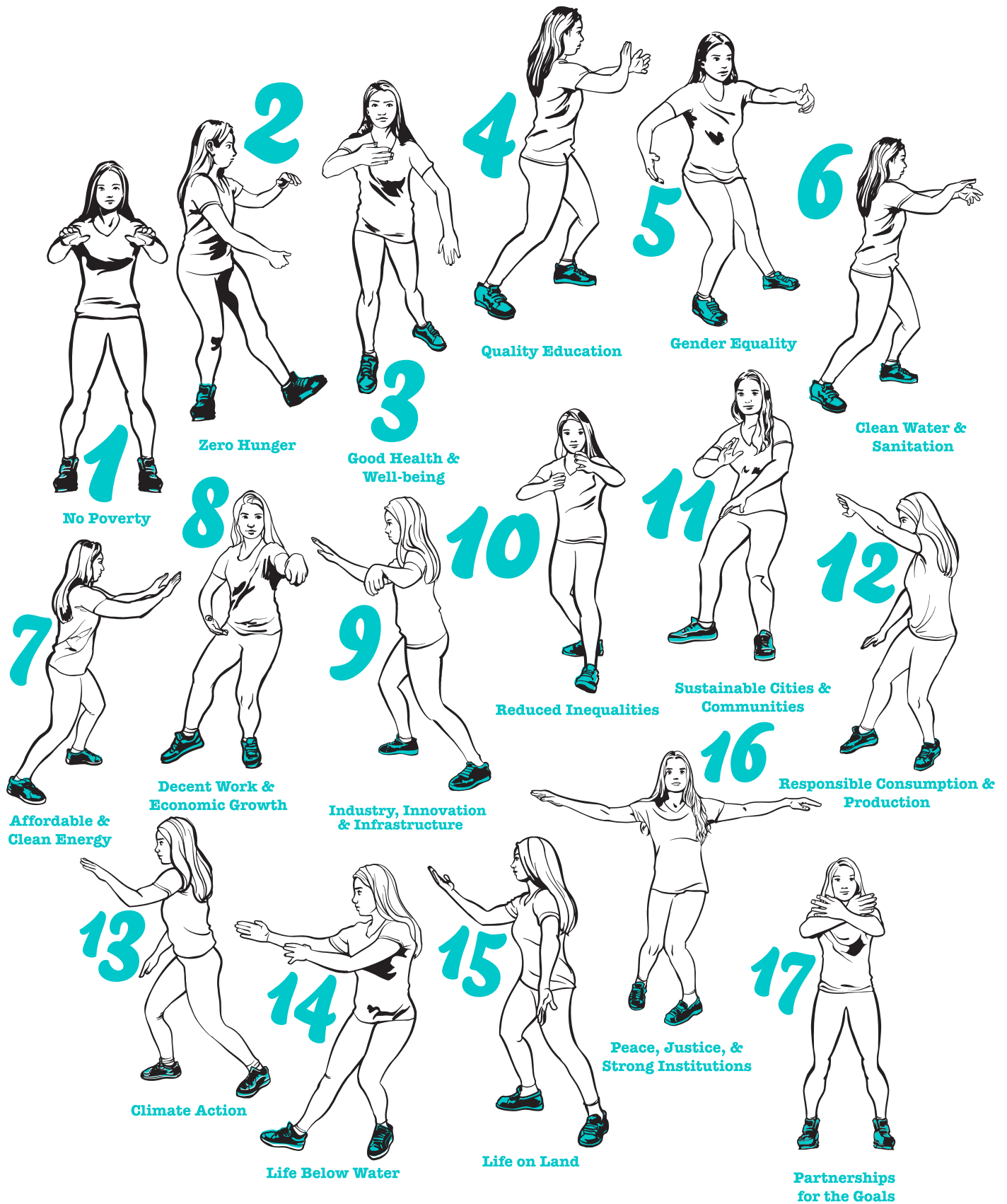


# SDG TAICHI



## SDG

**Tai Chi** is a unique adaptation of a traditional Tai Chi form, designed to help individuals engage with the SDGs in a meaningful and embodied way.

While the movements remain rooted in classical Tai Chi, each posture has been renamed to represent one of the 17 goals, transforming the practice into both a physical and cognitive experience.

The entire form takes just two minutes to complete, yet it powerfully aligns practitioners with some of the world's most urgent priorities.

By learning the form, participants naturally memorize each goal and its number — reinforcing awareness through mindful movement.

The intention of SDG Tai Chi is to reach beyond the growing divide and foster a shared sense of purpose. This practice invites people to synchronize their daily efforts toward a more sustainable, and compassionate world.

We aim to encourage daily engagement with the SDGs while supporting personal well-being — physically, mentally, and globally.



[www.SDGTaiChi.com](http://www.SDGTaiChi.com)

# SUSTAINABLE DEVELOPMENT GOALS



**James McConnell** began studying tai chi in 1980. He has taught tai chi in NYC for over 30 years. He has taught tai chi at the United Nations, and also at: Columbia Presbyterian Hospital, Bristol Myers Squibb, Merrill Lynch, Goldman Sachs, Morgan Stanley, and the Federal Reserve Bank of New York. He co-created the SDG Tai Chi form with Ilona Bito to advertise the UN SDG's.

**Ilona Bito** holds a Masters in The Art of Teaching from Sarah Lawrence College. She is the founder of Taproot Tai Chi LLC, and Push Hands Now. In Taiwan in 2023, she won the Tai Chi Push Hands World Championship. She is currently assistant adjunct professor of Tai Chi in Pace University's Sands College of Performing Arts.