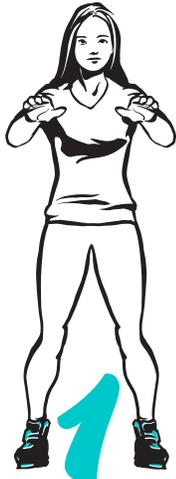


SDG TAICHI



No Poverty



Zero Hunger



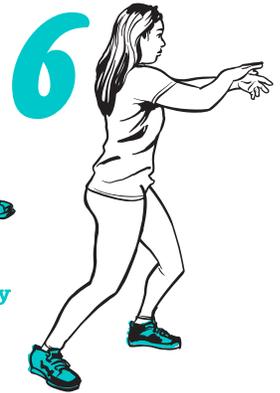
Good Health & Well-being



Quality Education



Gender Equality



Clean Water & Sanitation



Affordable & Clean Energy



Decent Work & Economic Growth



Industry, Innovation & Infrastructure



Reduced Inequalities



Sustainable Cities & Communities



Responsible Consumption & Production



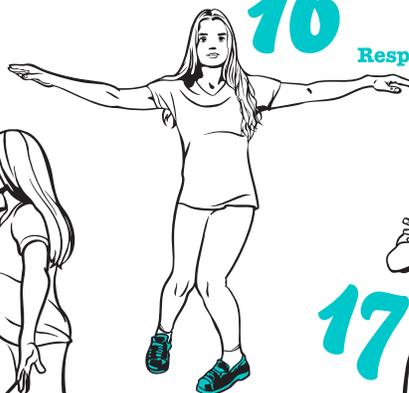
Climate Action



Life Below Water



Life on Land



Peace, Justice, & Strong Institutions



Partnerships for the Goals

SDGTai 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.

- 1. No Poverty**
- 2. Zero Hunger**
- 3. Good Health & Well-being**
- 4. Quality Education**
- 5. Gender Equality**
- 6. Clean Water & Sanitation**
- 7. Affordable & Clean Energy**
- 8. Decent Work & Economic Growth**
- 9. Industry, Innovation & Infrastructure**
- 10. Reduced Inequalities**
- 11. Sustainable Cities & Communities**
- 12. Responsible Consumption & Production**
- 13. Climate Action**
- 14. Life Below Water**
- 15. Life on Land**
- 16. Peace, Justice, & Strong Institutions**
- 17. Partnerships for the Goals**

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: 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.

SDG Tai Chi supports the Sustainable Development Goals
<https://www.un.org/sustainabledevelopment>

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