

1. **No Poverty**
End Poverty in all its forms everywhere
2. **Zero Hunger**
End hunger, achieve food security and improved nutrition and promote sustainable agriculture
3. **Good Health and Well-Being**
Ensure healthy lives and promote well-being for all at all ages
4. **Quality Education**
Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all
5. **Gender Equality**
Achieve gender equality and empower all women and girls
6. **Clean Water and Sanitation**
Ensure availability and sustainable management of water and sanitation for all
7. **Affordable and Clean Energy**
Ensure access to affordable, reliable, sustainable and modern energy for all
8. **Decent Work and Economic Growth**
Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all
9. **Industry, Innovation, and Infrastructure**
Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation
10. **Reduced Inequalities**
Reduce inequality within and among countries

11. **Sustainable Cities and Communities**
Make cities and human settlements inclusive, safe, resilient and sustainable
12. **Responsible Consumption and Production**
Ensure sustainable consumption and production patterns
13. **Climate Action**
Take urgent action to combat climate change and its impacts
14. **Life Below Water**
Conserve and sustainably use the oceans, seas and marine resources for sustainable development
15. **Life on Land**
Conserve and sustainably use the oceans, Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss promote inclusive and sustainable industrialization and foster innovation
16. **Peace, Justice, and Strong Institutions**
Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels
17. **Partnerships for the Goals**
Strengthen the means of implementation and revitalize the Global Partnership for Sustainable Development





1
No Poverty

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



2
Zero Hunger

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.



3
Good Health & Well-being

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

SDGTaiChi.com



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



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.

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



11
Sustainable Cities & Communities



12
Responsible Consumption & Production



13
Climate Action

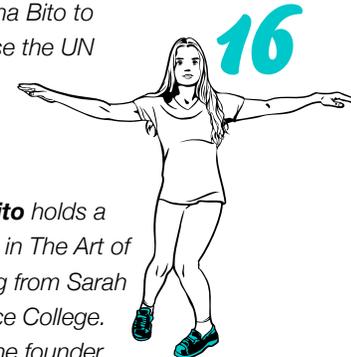


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Life Below Water

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.



15
Life on Land



16
Peace, Justice, & Strong Institutions

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.



17
Partnerships for the Goals