Joan Laage studied Wu style and push hands with Li Li Ta in Berkeley, California in the mid-1970s, and taught Tai Chi at the University of Otago while living in New Zealand. After several years’ break from practice and teaching, she resumed Tai Chi studies with master Hong in 1996. Joan first studied Yang style, and completed a teacher training course with CWTA, and is certified to teach Yang. Although her focus has been on Chen since early 2000, Joan still enjoys practicing and co-instructing Yang style. Joan has a Ph.D. in Dance and Related Arts, is a Certified Movement Analyst, and a certified ESL teacher. She is employed as a landscape gardener, and is a guide at the Seattle Japanese Garden.