

Sining Zhan's Bio

Sining's interest in Traditional Chinese Medicine, including herbal medicine, Tui Na, and Tai Chi began in China where she was born. She recently completed four years as an apprentice under Dr. Ming Wu, a third generation Traditional Chinese Medicine doctor with over thirty years of experience. In addition, she has had weekly sessions with Dr. John Choi, a highly accomplished acupuncturist, adding to the depth of her knowledge. Sining's heartfelt desire is to apply her understanding of Tai Chi, Tui Na, and Chinese herbal medicine to help others.

She teaches Tai Chi classes since October, 2018, at Emerson Hospital where we will all learn, practice, and experience the benefits.