

Suman Sensei Barkhas
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Suman Barkhas has been teaching and practicing Yang-style Tai Chi for over 20 years. He became a certified master instructor and trainer in Tai Chi: Moving for Better Balance in 2005 by Dr Fuzhong Li at Oregon Research Institute www.ori.org .

Through the Centers for Disease Control & Prevention State Fall Prevention Program, Mr. Barkhas has trained over 300 Tai Chi: Moving for Better Balance instructors for the State of Oregon Public Health division since 2008.

In addition to his work in Oregon, Mr. Barkhas has trained Tai Chi: Moving for Better Balance instructors for state public health departments in Colorado, Florida and Nebraska. He was a featured guest speaker at the 2012 American Physical Therapy Association annual conference in Tampa, Florida and is a national program consultant.

Mr. Barkhas also holds certifications in Tai Chi for Arthritis, Tai Chi for Diabetes, and Qigong instruction. He is a Yoga Alliance registered yoga teacher E-RYT and Yoga Teacher Trainer as well as a Professional Yoga Therapist.