

Tricia Ruge

Tricia has studied & taught Tai Chi for over 25 years. Her initial certification was with San-Li Chang, out of Taiwan, at his Heidelberg, Germany Tai Chi Center. Since then she has taught individuals and groups in various settings including adult education, YMCA, Army Community Service programs, Independent Living facilities, as well as Assisted Living and Rehab sites. For 7 years she complemented her teaching by practicing Shiatsu massage and worked out of her home and satellite offices. Tricia recently received certification in Health Coaching and will complete the Life Coach component by the end of 2018. Tai Chi instruction allows her to help individuals be in touch with their bodies, and to get fit consciously and safely. When she's not teaching, Tricia loves to travel, and to be on the beach or outdoors, photographing as well as enjoying gardening or walking. She was born in NJ, grew up in MA and has lived in Germany and ME. She has been in Wilmington since June of 2016.

