Eligible subjects with COPD consented and enrolled (N = 125)

Baseline testing: questionnaires, functional tests, PFTs, CPETT

1st Randomization

- **Education** (N = 31)
- **Tai Chi** (N = 63)
- **Mind-Body Breathing** (N = 31)

**Primary Aim**

12-week testing: questionnaires, functional tests, PFTs, CPETT

2nd Randomization Tai Chi only

- Usual Care (N = 31)
- Tai Chi ‘Maintenance’ (N = 32)
- Usual Care (N = 31)
- Usual Care (N = 31)

**Exploratory Aim #1**

- Tai Chi Dosage

24-week testing; questionnaires, functional tests, PFTs, CPETT