Reduce stress levels through the gentle practice of Tai Chi

Tai Chi is an ancient Chinese martial art form, consisting of slow relaxed movements for total self-development. For the body, cultivating Chi, or life force energy, increases muscle strength, balance, and flexibility. For the mind, it is a study in concentration and will power. For the soul, it is a system of spiritual meditation. Tai Chi is also a preventative and curative system of Chinese medicine.

Times: Mondays, 4:00 pm—5:00 pm


Place: XS Fitness Center

Contact: 520-7237

350 points Vitality Event!

Sponsored by:
Confucius Institute
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