

SCSU MULTICULTURAL CENTER AND SCSU FITNESS CENTER

present

Tai Chi

Mind, Body, & Spirit

All faculty, staff and students - Come learn the art of Tai Chi!

The classes will include the practice of Tai Chi, as well as a brief history about the internal Chinese martial art. Originally used as a form of combat, Tai Chi today is a gentle form of exercise. People of all ages use Tai Chi movements to gain strength and flexibility. By improving the mind/body connection, Tai Chi brings the yin and yang of a person into their natural harmony, exercising emotions, just as it does the muscles.

太极拳

Instructed by:
Jinjin Yang, Ph.D.

Professor, SCSU Exercise
Science Department

12:00pm

Thursday,
November 12, 2009

5:00pm

Tuesday,
November 17, 2009

ROOM 204 • SCSU FITNESS CENTER • ADANTI STUDENT CENTER