

UMSL Campus Recreation

# BEGINNER TAI CHI



**APR 1 - MAY 8**

(6 Week Program)

**Tuesdays & Thursdays**

5:30-6:30pm

Mark Twain, Rm 221

**FEES:** Students- **\$10**  
Fac/Staff/Alum- **\$25**  
Others- **\$35**

One-time fee for 6-week program.  
**CLASS SIZE LIMITED TO 20.**

## ***Tai Chi promotes health & longevity***

Yang style Tai Chi is one of the more popular Tai Chi forms practiced today and is considered to be suitable for most people. The slow, flowing movements of this form are good for stress reduction and help to improve strength, balance, and flexibility.

This is a six-week beginner's course in which you will learn the basics of the Tai Chi 24 Form and the 18 Motion Tai Chi Qigong. The course will be taught by Linda Gatson (Office of Finance). Linda has practiced and studied Tai Chi under Mr. Sam Lin for the past five years, assisting him with his classes during the past two years. Now that Mr. Lin has moved out of the area, Linda has agreed to teach this basic introductory course.

Loose, comfortable clothing and flat, comfortable shoes are recommended.

**Sign up** in the Campus Rec Office, 203 Mark Twain, 516-5326

[www.umsu.edu/services/recsport](http://www.umsu.edu/services/recsport)