

UMSL Campus Recreation

# BEGINNER TAI CHI



**SEPT 1 - OCT 22**

(8 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 8-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 8-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, studied, and taught under Mr. Sam Lin, an instructor of Tai Chi since 1992.

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)