

TAI CHI



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A graceful, slow-moving exercise that is accessible to most everyone, regardless of age or fitness level.

Students will learn and practice the popular Yang-style short form of Tai Chi specifically designed for beginners. Classes will include an explanation to the background of the art and introduce such popular movements as: ■White Crane spreads its Wings ■Fair Lady Works the Shuttles ■Hand Strums the Lute ■Grasp the Sparrow's Tail ■Fan through the Back ■Cloud Hands ■Brush Knee

August to December 2018

South Campus

- Mondays 6 pm to 7pm
- Tuesdays 5:30 pm – 6:30 pm and 6:30 pm – 7:30 pm
- Saturdays 8:30am to 9:30 am and 9:30 am to 10:30 am

Central Campus

- Thursdays: 5 pm – 6 pm and 6 pm - 7 pm

Four weekly sessions of one hour.

Course Fee: \$40

*Special 10% Discount for seniors (55+)

Additional information: 281.998.6150 ext. 3672

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www.sanjac.edu/cpd

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Suite N-12.212**

**South Campus
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Suite S-8.1052**