



On Campus Registration:

Central Campus
8060 Spencer Hwy.
Pasadena 77505
Suite C-1.128

North Campus
5800 Uvalde Road
Houston 77049
Suite N-12.212

South Campus
13735 Beamer Road
Houston 77089
Suite S-8.1052

TAI CHI

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. The Yang short form is specifically designed to welcome beginners into the world of Tai Chi.

Classes will include an explanation to the background of the art and introduce such popular movements as:

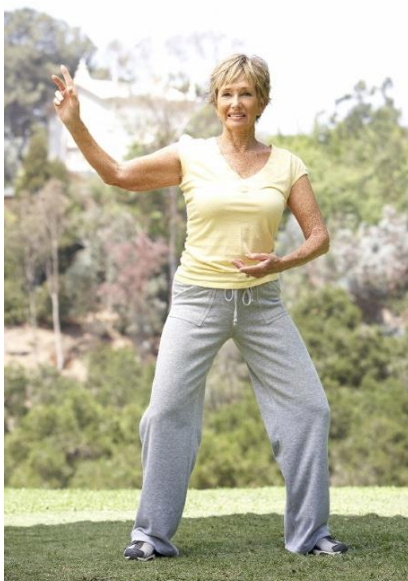
- White Crane Spreads its Wings
- Fair Lady Works the Shuttles
- Hand Strums the Lute
- Grasp the Sparrow's Tail
- Fan through the Back
- Cloud Hands
- Brush Knee



Classes start monthly
Flexible schedules

Four sessions, one hour each week
Course Fee: \$35

Note: Students should dress in loose-fitting clothing and be capable of mild exertion to include slow, rhythmic movements.



Call 281.542.2020
www.sanjac.edu/cpd