TAI CHI FOR HEALTH
-A CLASS FOR SHAPING YOUR BODY AND NURTURING YOUR MIND-

Tai Chi is medically proven to bring about health and wellbeing. Practicing Tai Chi a few minutes each day can help lower blood pressure, boost immune system, reduce stress and improve strength and balance. Tai Chi for Health will focus on 24-style Tai Chi Quan, 32-style Tai Chi Sword, Ba Duan Jin, Wu Qin Xi and other Tai Chi styles. Join this gentle but powerful exercise to experience its healing and nurturing effects for your body and mind.

Class Time: 8:00-10:00, Saturdays, 8/12-12/2, 2017

Register online: http://www.utdallas.edu/ah/confucius/

About the instructor:
Dr. HU Xiujuan is a professor of physical education from China, specializing in various forms of martial arts. She has a bachelor degree in Martial arts, a master’s degree in Sports Training and Theory, and a doctor’s degree in Chinese Traditional Sports. She has been teaching Martial arts, Tai-chi, Qigong, and Taekwondo in China’s various universities since 1992. She has won Outstanding Teaching Award for her excellence in teaching and was invited to give lectures and performances of Martial Arts and Tai Chi around the country. Serving as a referee and judge for many martial arts competitions, she has hosted fitness martial arts program on radio. Under her guidance and training, her students have won various top national prizes in Tai Chi and Kung Fu.

Confucius Institute at the University of Texas at Dallas
- 800 West Campbell Rd., Richardson, TX 75080
- Tel: 972-883-4860, Email: Confucius@utdallas.edu