

ES-190 : Tai Chi

Tai Chi is a centuries-old martial art that today is practiced as a graceful form of exercise. It involves a series of movements (postures) performed in a slow, focused manner and accompanied by deep breathing. The movements are gentle emphasizing mental focus, breathing, and relaxation and Tai Chi can improve balance and stability, reduce stress and anxiety, and improve focus and attention. This class offers an introduction to 18 posture Yang style Tai Chi. FILA general education: ES activity.

Credits 1

Term Offered

Spring Only

Session Cycle

S