



Tai-Chi class at the University of Utah (Spring 2019)

For the love of Life- Energy Flow and Balance

Enrolling in Tai-Chi: ESSF 1410/410 – Section 1 (MW: 9:40AM – 10:30AM) or ESSF 1410/410 – Section 2 (W: 5PM -6:30PM) or ESSF 1410/410 – Section 3 (TH: 11:50AM – 12:40PM)



TAI-CHI CHUAN (TAI-CHI) has existed since ancient times as a health exercise. It is a series of quiet, supple movements. The quiet to cultivate the spirit; the supple to cultivate the body. A gentle exercise performed in a calm and peaceful manner, it is suitable for young and old alike.

Register online at www.utah.edu or www.continue.utah.edu/noncredit

Veera Kasicharernvat, Tai-Chi Instructor, 5th-Dan (Aikikai), and Master of Fine Arts in Painting & Printmaking