

Relaxation Through Breath & Movement

Need more balance and harmony in your life?

Experience slow, graceful movements coordinated with breath, done seated or standing.

Utilizes movements of Tai Chi and Qigong which help improve concentration, reduce stress, increase flexibility, improve balance and increase energy .



If you have questions or to request accommodations, contact Jim Sauer, Certified Yangjia Michuan Taiji facilitator, sauerj@uww.edu, 262-472-1305. Sponsored by UHCS.

Thursdays, 1/20—5/19

1:00—1:45 pm

UC 69

Free