TAI CHI

Join us twice every week for gentle meditation in motion! It is both an exercise, and a martial art that focuses on health and relaxation.

Wednesdays and Fridays
Noon - 1 p.m.
130 Hoagland Hall

Participants perform basic warm-up exercises, stretches, forms, and martial technique. The sessions help put busy lives in do-not-disturb mode, to make time to breathe, relax, and become more grounded in the present moment.

DAVID MOORE earned his Masters in Public Health from UC Berkeley, and works as an Industrial Hygienist for UC Davis Environmental Health and Safety. David has studied Taiji, White Crane Gong-fu, Bagua Zhang, Xingyi Quan, and Qi Gong since 1996. He is excited to share his love of Tai Chi with you now.

Questions?
wellbeing@ucdavis.edu
(530) 752-6051

No need to register!
Just drop in!
All skill levels welcome.

HOSTED BY
UCDAVIS STAFF AND FACULTY HEALTH AND WELL-BEING