

# 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**  
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HEALTH AND WELL-BEING