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.

**Mondays**
Noon - 1 pm
UC Davis Shared Services Center

**Wednesdays and Fridays**
Noon - 1 pm
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.

Meet your instructors:

- Erika Strandjord
- Philip Barruel
- Ron Bynes

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

Read more about your instructors at wellbeing.ucdavis.edu!

Questions?
wellbeing.ucdavis.edu
(530) 752-6106