

TAI CHI CLUB



Would you like an alternate form of exercise and relaxation? Join the Tai Chi Club to improve your health and well-being.

For More Information:

Sign up for virtual Tai Chi classes that will be starting during the Spring semester of 2022. Register online to get more information to help kick off a new club and make an impact on your health.

Register online for more on the club information visit www.taichiclubatwaketech.com or info@taichiclubatwaketech.com

Scan QR Code to register.



Club registration deadline ends 12/15/2021



What is Tai Chi?

Tai chi is an ancient Chinese tradition that practices a low-impact form of exercise. It involves a series of movements performed slowly, a clear focus mind, and deep breathing.

What are the benefits of Tai Chi?

With proper training and routine practice, tai chi can improve your outlook to improve your health. The benefits may include:

- Decrease stress, anxiety, and depression
- Increase energy stamina
- Improve your flexibility and balance
- Help relax your mind and mood improvement
- Improve joint pain
- Enhance your quality of sleep



Help yourself to improve your health.

Sign up for more information.

Name:

Email: