Confucius Institute Presents

TAI-CHI WORKSHOP

Tai-chi is an internal Chinese martial art practiced for both its defense training, health benefits and meditation. It has been shown to improve mobility and aid circulation.

Instructor
Mengnan Feng

Time
5:10 - 6:10 pm, Tuesdays & Thursdays, Oct. 22 to Nov. 14  (8 classes)

Location
Tyler Hall 123, 300 James Blair Dr  Williamsburg, VA

Fee
$10/class for Community Students ($80 for 8 classes)
$5/class for W&M Faculty, Staff, and Students ($40 for 8 classes)

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