YinYang Bagua Boxing is an external Chinese martial art practiced for both its defense training and health benefits. It has been shown to improve mobility and aid circulation.

**Instructor**
Mengnan Feng

**Time**
5:10 - 6:10 pm, Tuesdays & Thursdays, Feb. 11 to Mar. 5 (8 classes)

**Location**
TBD

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

**Register Online at:** [www.wm.edu/sites/confuciusinstitute/](http://www.wm.edu/sites/confuciusinstitute/)

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