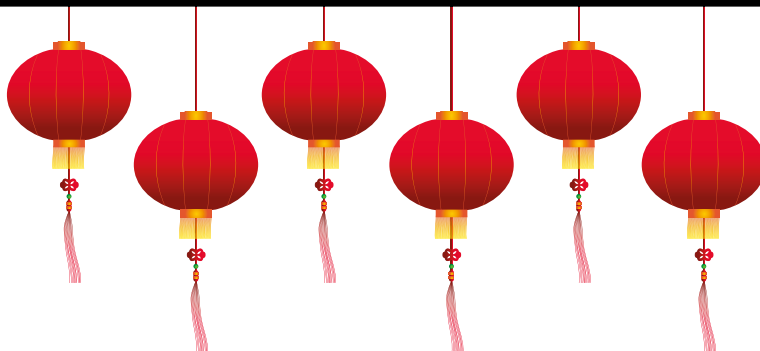


CONFUCIUS INSTITUTE AT THE VUB TAI CHI FOR BEGINNERS

The Confucius Institute at the Vrije Universiteit Brussel organises Tai Chi group classes for beginners at VUB Etterbeek Campus, Brussels.



Tai Chi is an internal martial art that finds its origins in China. The discipline is characterised by slow, soft and harmonious movements while being in control of your breath. Tai Chi facilitates the flow of vital energy (Qi) and develops body flexibility and peace of mind.

You will practice the 24-form which is composed of 24 unique movements. Most likely this form has the most practitioners in China and the world. Next to that you will practice the 42-form; a challenging, fluid form which fills the body with energy (Qi).

Video | Have a look at the Tai Chi Yang 24 form performed by Mrs. Huang Qian Yi.

https://www.youtube.com/watch?v=sJ1H_42wcS8

PRACTICAL INFORMATION



Madam/Shifu Huang Qian Yi - © Steven DELAVAL

Tai Chi is a very accessible sport which trains your muscle strength, flexibility, balance and to some extent also your aerobic conditioning.

When?

- Monday 12:30 - 13:30 Master/Shifu Mrs. Huang Qian Yi (Dojo room)
- Monday 17:00 - 18:00 Master/Shifu Mrs. Wang Nan (L6)

From 26-30 September 2016 until 19-23 December 2016
(13 weeks in total)

Where?

VUB Etterbeek Campus
Martial arts centre (dojo) or room L6

Price?

80 EUR for 13 weeks

Registration:

Enrolment is complete upon settlement of the tuition fee.
Deadline: 16 September 2016.

