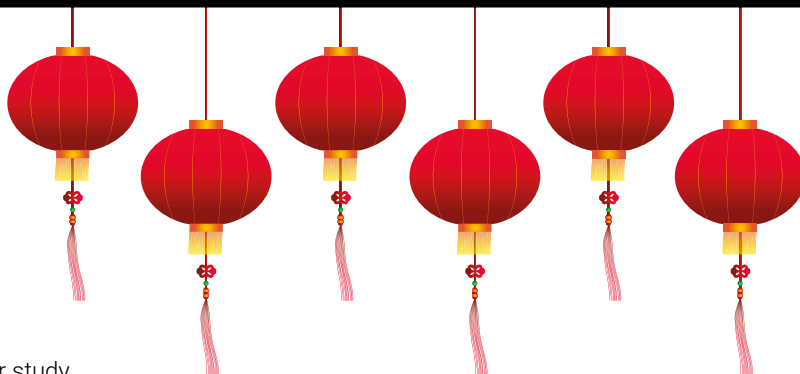


TAI CHI GROUP CLASSES FOR BEGINNERS AT VUB ETTERBEEK CAMPUS

Join the Tai Chi group classes for beginners organised by the VUB Confucius Institute at VUB Etterbeek campus.



Return relaxed and with renewed energy to your working or study environment after this one hour session.

Tai Chi is an internal martial art that finds its origins in China. The discipline is characterized 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).

Your Master will be Madam/**Shifu Huang Qian Yi**. She has been practicing Tai Chi for over 20 years and shares her passion through teaching. She won several times the Brussels Open Taolu Championship, an international competition. She masters the official main competition Beijing forms like Yang 24, 42, Sword 42, and Chen 56. She won the first place in competitions with these forms.

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 your aerobic conditioning.

When?

Monday 12:30 - 13:30 | 29 February 2016 - 30 May 2016
(10 weeks, exact dates will be communicated the first class)

Where?

VUB Etterbeek Campus - martial arts centre (dojo)
Pleinlaan 2, B-1050 Brussels

Price?

90 EUR for 10 weeks

Registration:

Send an e-mail to vub-ci@vub.ac.be (first and last name) to register.

Deadline: 22 February 2016.

Enrolment will only be complete upon settlement of the tuition fee.

