

TaiChi - JNST 000L

Thurs. 4:00-5:00pm

Lifan Su

This course is an athletic course and provides 2 units credit and covers one academic year every Thursday 4:00-5:00 pm on the grass in front of Chapel or Meditation Room LAR#210. It is relaxed, effective and enjoyable. No experience is very welcome. TaiChi is ancient Chinese traditional martial art based on Taoism, focus on the meditation of exchange the energy with nature, also be an effective health exercise as Yoga, requires a deep level of concentration and a focused mind, thus allowing the mind to lead and guide the body's energy.