Tai Chi Class

Tai Chi, also known as Tai Chi Chuan, or Taijiquan, is a Chinese martial art which is popular as fitness or mind/body wellness practice. It is a gentle but thorough body workout with many health benefits included improved strength, balance, body awareness, sensitivity and coordination. This Tai Chi program will cover the basics of Chen style tai chi using Dr. Yang Yang’s Evidence Based Tai Chi Form. This is a great class for beginners who want to experience the art for the first time and for the more experienced tai chi players who want to work on the foundational principles of tai chi and to experience the deeper levels of tai chi form, martial skill and energy. Tai chi forms, drill practices, and qigong will all be taught and the art of push hands will also be introduced. Join us for this powerful, graceful, engaging and relaxing practice which promotes both physical and mental health and well-being. Please dress comfortably.

Instructor: Marta Banks is a certified Yang, Chen and Sun Style Tai Chi and Qigong teacher with over nineteen years of experience teaching people of all ages from children to seniors, working with people of various levels of fitness from martial artist to those with physical or mental disabilities. Marta is also a founding member of the Asian Arts Group Center for Study and Practice which opened in 2007 in Albany.

Mondays*
Sept. 10 - Nov. 5
*No class on Oct. 8
12 noon - 12:45 pm
Registration Deadline: Thursday, Sept. 6
Course Fee: $60.00
(pre-paid w/ registration)
A 10-participant minimum enrollment needed to conduct the class.

Make check payable to: Asian Arts Group
Send to Brenda Seckerson @ MSC # 200 by Sept. 6

To Register Contact:
Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu
CALL 442-5483 OR REGISTER ONLINE
HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM