

PED 120 : Tai Chi Chih

An introduction to both the theory and practice of tai chi chih. Tai chi chih is a non-competitive, non-martial arts form of movement that promotes physical strength and balance, and at the same time enhances focus, concentration, and emotional wellness. It is also an excellent program for relieving stress. It is appropriate for all ages and abilities and can be easily adapted for those with physical disabilities or limitations.

Credits 1