



Folsom Lake College



# Tai Chi

*Spring Semester 2017*

**Folsom Lake College**  
**Tai Chi Fitness 414**

**Mon & Wed 2:30 PM - 3:50 PM**

*For Class Registration - [www.flc.losrios.edu](http://www.flc.losrios.edu)  
Folsom Lake College (916) 608-6500*

*A healthful exercise program which focuses on balance & fluidity of movement. Open to all students, regardless of gender, age or fitness level. The course covers proper breathing, centering, balance, focus and concentration, sensitivity training, flexibility, coordination, energy increase & general well being. The course shall underscore relaxation response stress management & introspective psychology. Taoist, Confucian & Buddhist concepts shall be surveyed for their psycho-physical applications in tai chi, chi gong & the martial arts.*

### ***Benefits of Martial Arts Training***

- ① Improves mental focus and concentration.***
- ② Improves mind-body awareness and multiple sensory integration***
- ③ Improves overall physical conditioning and relaxation.***
- ④ Improves stress management skills and creative channeling of emotions.***
- ⑤ Improves self-defense skills, intensifying self-confidence.***



Instructor: ●  
Frank Gaviola