



Folsom Lake College



Tai Chi

**Folsom Lake College
Fall Semester 2018**

Tai Chi Fitness 414

**Folsom Campus: Tue /Thu 2:30 PM - 3:50 PM
El Dorado Campus: Mon /Wed 5:30 PM - 6:50 PM**

*For Class Registration - 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