

Tai Chi For Wellness



When: Every Wednesday

Time: 6-7:30 pm

Where: Storz Pavilion, Nebraska Medicine

Cost: Free for Everyone

**This is an entry level, beginner, introductory class.
No prior experience necessary**

What to Bring & Wear:

Comfortable, loose-fitting clothing

Flat-soled shoes or sneakers

A water bottle

An open Mind!

Meet Your Instructor:

Mr. Bill Maline has over 5 years of experience teaching Tai Chi and Qigong.

Agenda:

10 min Warm Up

10 min Qigong

Tai Chi 8

Tai Chi 24



For more information:

Email Dr. Quan Ly at qly@unmc.edu