TAIJI BEGINNER CLASSES

TUESDAY EVENINGS
6:40 - 7:40 PM
1117 UNIVERSITY CAPITOL CENTRE

Learn how to enhance your overall health through increased flexibility, relaxation, and stress control

LEVEL I CLASS
BEGINNS JANUARY 5, 2016

(5 sessions-FREE-registration required)

More info and registration at international.uiowa.edu/academic/confucius

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact Erin Mullins at erin.mullins@uiowa.edu or 319-335-3857