Join the Confucius Institute for an Intro to Taiji Workshop. Learn how to enhance your overall health through increased flexibility, relaxation, and stress control. In this workshop, you will practice fundamental Taiji movement: Ward-off, Roll Back, Press, and Push in a Four Hands form.

Join us on either of two workshop dates:

**September 11, 2013 5:30-8:30PM**
**or October 9, 2013 5:30-8:30 PM**
*Rm 1117 University Capitol Centre*

Open to students and community members ages 13 +

Cost: $50, More information and registration at [http://international.uiowa.edu/confucius](http://international.uiowa.edu/confucius)
or contact Erin Mullins at (319) 335-3957

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 in advance at 319-335-3857.