



## Tai-Chi class at the University of Utah (Spring 2026)

For the love of Life- Energy Flow and Balance

Enrolling in Tai-Chi: ESSF 1410 – 001/ 410-001 Friday: 10:00AM – 11:40AM) or ESSF 1410/410 – 002 (Mo: 3:00PM – 4:40PM)



TAI-CHI CHUAN (TAI-CHI) has existed since ancient times as a health exercise. It is a series of quiet, supple movements. The quiet to cultivate the spirit; the supple to cultivate the body. A gentle exercise performed in a calm and peaceful manner, it is suitable for young and old alike.

Register online at [www.utah.edu](http://www.utah.edu) or [www.continue.utah.edu/noncredit](http://www.continue.utah.edu/noncredit)

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