

Push Hands

1PM - 1:45 PM

MONDAYS

SEYMOUR CENTER: 2551

HOMESTEAD RD, CHAPEL HILL, NC
27516

PUSH HANDS IS A HIGHER-LEVEL TAI CHI PRACTICE THAT:

- **BUILDS ON EXERCISES AND POSTURES FROM SOLO FORMS OF TAI CHI**
- **ENCOURAGES COLLABORATION TO DECIPHER, DELIVER, AND TRANSMIT ENERGY USING TAI CHI PRINCIPLES .**
- **STRIVES FOR PHYSICAL AND MENTAL RELAXATION USING MOVEMENT AND EVOLVING SCENARIOS**

TO PARTICIPATE IN THE CLASS, ATTENDEES MUST HAVE EXPERIENCE WITH TAI CHI SOLO FORM AND BE COMFORTABLE ENGAGING IN GENTLE PHYSICAL CONTACT DURING EXERCISES WITH FELLOW PARTICIPANTS.

**TO REGISTER VISIT FRONT DESK
OR CALL 919-268-2070**

