

Tai Chi Activities Being Offered This Summer at SWOSU

05.27.2008

Southwestern Oklahoma State University Continuing Education is offering two six-week CE activities this summer semester on the Weatherford campus.

The CE activities are "Beginning Tai Chi for Life" and "Intermediate Tai Chi for Life." These two CE Activities will be offered on Thursday evenings from 7-8:30 p.m. beginning June 12 and ending July 17.

"Beginning Tai Chi for Life" is geared toward those who want to improve their flexibility, balance, muscle strength, and aid in injury avoidance (especially falling). These exercises are appropriate for individuals of all ages and have a long history of being effective in stress management, according to instructor Dr. Robert Lackey.

"Intermediate Tai Chi for Life" is geared toward individuals who want to improve on the postures that were practiced in Beginning Tai Chi for Life: Relaxation and Teacher Training and improving the basic postures and learning additional postures. Tai Chi for Life is also geared towards individuals who are interested in developing a sound foundation for further study of Tai Chi and practice skills and to develop a knowledge base that is central to the curriculum of the national instructor certification exams.

"Beginning Tai Chi for Life" is a pre-requisite for the "Intermediate Tai Chi for Life."

The CE activity participant fee is \$60 for "Beginning Tai Chi for Life" and \$30 for "Intermediate Tai Chi for Life."

Registration for these activities is on a first-come, first-serve basis. Registration and general information are available by phone 580.774.7012, or in person at the SWOSU Office of Sponsored Programs, Room 209, Thomas P. Stafford Center, on the SWOSU Weatherford campus.