

Come join us in this
exercise session to
discover more about the
Tai Chi for Health
exercise

Tai Chi is often described as
"moving meditation" because it
requires focus and concentration
while moving through a series of
postures.

Its gentle, rhythmic movements
can provide a calming and
centering effect, making it a
popular practice for stress relief.

Tai Chi: Meditation in Motion

 27th May 2023, Saturday

 12.30pm – 1.00pm

 UCC Function Room 1, Level 1

BY ADJ PROF LAU TANG CHING

Senior Consultant
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*** LIMITED SLOTS AVAILABLE! ***

No reservation is required. Entry is on
First Come First Served basis.