



Take Taiji Classes this Fall!

- Improve strength, flexibility and balance
- Develop physical and mental strength
 - Relieve stress
 - Low impact
- Classes taught by Taiji Master Instructor



Thursdays, Sept. 15 – Nov. 17

5:15 – 6:15 pm

ODU's Kaufman Mall, plus indoor facility TBA

Tuition – \$75

Loose clothing and soft, flexible shoes suggested

For more information

Visit: www.odu.edu/ci

Email: ci@odu.edu

Call: (757) 683-7058/7059

