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SPC to offer free Tai Chi Chih workshop Sept. 8

LEVELLAND – South Plains College will offer a free Tai Chi Chih workshop on Sept. 8 at 6:30 p.m. in Room 113 of the SPC Fitness Complex.

Tai Chi Chih is an easy to learn moving meditation with 19 movements and one pose. It has no martial applications. The primary purpose of Tai Chi Chih is to circulate and balance the body's energy. Practicing 10 to 15 minutes daily can reduce tension and stress, enhance relaxation and inner peace, control weight and blood pressure, increase physical energy, improve balance, flexibility and stamina.

Tai Chi Chih can be performed seated, standing or lying down. Seniors are encouraged to participate.

For more information, contact Dee Dee Odorizzi at 806-894-9611, ext. 2236.

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