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FOR IMMEDIATE RELEASE
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SPC to offer Tai Chi Chih classes March 2

LEVELLAND – South Plains College will offer Tai Chi Chih classes starting March 2 through May 4 in Room 113 of the SPC Physical Education Building.

The cost of the classes is \$50 for SPC affiliates, \$90 per couples; \$60 community or \$110 per community couples.

Registration will be conducted at the fitness center from 6 to 10 a.m. and 4 to 8 p.m. on Monday through Thursday; on Fridays from 6 to 8 a.m. and 4 to 6 p.m.; and on Saturdays from 9 a.m. to noon.

Tai Chi Chih is an easy to learn moving meditation with 19 movements and one pose. It has no martial applications. The movements are similar to swimming through heavy air with softness and continuity. It can be done by anyone regardless of age or condition and it can be performed seated, standing or lying down, and it is an excellent form of exercise for seniors.

Tai Chi Chih has no martial applications. It is designed 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.

For more details, contact Dee Dee Odorizzi at 806-716-2236.

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