



TAI CHI

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AMERICAN UNIVERSITY OF BEIRUT MEDICAL CENTER

المركز الطبي في الجامعة الأمريكية في بيروت

Health and Wellness Center

Introduction

“Tai Chi Chuan” is an ancient Chinese form of exercise that combines deep breathing with slow, rhythmic movements, and mental focus. Tai Chi improves health by promoting vitality and relaxation, lowering stress levels and depression, enhancing flexibility and muscle strength as well as balance control.

Each class starts with a warm-up set which is followed by Tai Chi Qong (9 movements that prepare disciples to enter into a calm and mental state). Next comes teaching the Slow Set, and then finishing the class with one-on-one practice of Tai Chi applications of Slow Set movements.

People from all ages can benefit from practicing Tai Chi, whether for maintaining a healthy and balanced lifestyle or healing physical ailments.

Registration

For more information and registration, please contact us at 01-350000 ext. 8030 or email us at wellness@aub.edu.lb

Registration fees

One session: 20,000 LL

Monthly membership: 50,000 LL

Schedule and Location

Tai Chi sessions are given every Thursday from 5:30 pm till 7:00 pm at Saab Medical Library, 3rd floor, Professor Jaber I. Sawaya Lecture Hall.