

THE PUBLIC HONORS COLLEGE

# St. Mary's College of Maryland

at Historic St. Mary's City

Office of Lifelong Learning

## Sun Form Tai Chi

Improve your balance and stability through Sun-style Tai Chi. The Sun-style of Tai Chi is a gentle 30 movement exercise suitable for just about anyone in order to improve overall health and relaxation. The class is taught by a 20+ year practitioner in the Internal Arts of Qigong, Yang, and Sun Tai Chi.

**Instructor:** Alex Kampf

**Location:** Montgomery Hall Dance Studio (Room 107)

**Schedule:** Wednesdays 5:30-6:30 pm, Sep. 15-Nov. 17

**Course Fee:** \$100 (Fees may be paid by check payable to St. Mary's College of Maryland. Credit cards are accepted only for registrations delivered in person to the Business Office in Glendenning Hall.)

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Phone:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Mail registration forms to:** St. Mary's College of Maryland  
Attn: Cashier  
18952 East Fisher Road  
St. Mary's City, MD 20686-3001

**Questions???**

Please contact the Office of Lifelong Learning at 240-895-3007 or [arguzman@smcm.edu](mailto:arguzman@smcm.edu).