



MISERICORDIA  
UNIVERSITY

# Fun Fitness

**Fall 2020**  
Non-Credit & Special Programs for Life

## Yang Style Taijiquan (T'ai Chi Ch'uan) – Learning a Tradition

To truly understand any art, you need to go back to the basics and learn what the creators intended. The great masterworks have lived through the ages and stood the test of time.

Mark R. Reinhart will continue teaching the Traditional Yang Family Taijiquan Form. Referred to as the '108 Yang Long Form', it is broken into three teaching sets (or paragraphs) to make it easier to learn. Each individual set is stand-alone and complete in and of itself.

### **This 12-week session will include:**

- A brief overview of the history and health benefits of Taiji
- A warm-up set
- The Yang Family Qigong (a breathing set traditionally taught before learning the form)
- The Yang Family Taijiquan Form (picking up from the first session)

These 12-week sessions are designed to offer instruction for any and all who are interested in learning this classic form. While learning the complete Yang Long Form is suggested, it is not necessary in order to derive the numerous benefits of Taiji practice.

**Dates:** Thursdays, September 3, 10, 17, 24;  
October 1, 8, 15, 22, 29; November 5, 12

**Times:** 7:00 – 8:00 pm

**Instructor:** Mark R. Reinhart

**Location:** Anderson Sports & Health Center  
Aerobics Room

**Cost:** \$125.00. Discounts do not apply.

**Advance registration required.**

**To register, email [funfitness@misericordia.edu](mailto:funfitness@misericordia.edu)**

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