

Confucius Institute leads Tai Chi demonstration at Ljungstrom Health and Wellness Fair

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Members of the Alfred Tai Chi group lead a demonstration at the Ljungstrom Health and Wellness Fair.

WELLSVILLE , NY – The Alfred University Confucius Institute and Alfred Tai Chi group sponsored a Tai Chi demonstration Wednesday, Sept. 11, at a Health and Wellness Fair hosted by Ljungstrom in Wellsville.

Ljungstrom is a global technology and innovation leader, specializing in full life-cycle services and solutions for thermal power plants and industrial facilities. The company operates a manufacturing facility on Andover Road in Wellsville. Wednesday’s event aimed to encourage a healthy lifestyle by promoting programs and activities that support wellness for all Ljungstrom employees.

The Confucius Institute at Alfred University has provided free Tai Chi classes for University faculty, students and the Alfred community since 2010. Led by Master Guifang Liu, the Tai Chi group meets on weekdays year-round. Many of the participants have mastered the “24 Form”, “Swimming Dragon Tai Chi” and other Health Qigong forms. Some have gone on to lead other Tai Chi classes in neighboring communities.

At the Ljungstrom Health and Wellness Fair, the Tai Chi group members performed the Health Qigong Ba Duan Jin, Tai Chi 24 Form, and Swimming Dragon Tai Chi. There were more than 300 participants in this full day event. Performances were well received by the attendees.

“We appreciate Alfred University’s Confucius Institute for the great support and thank the Alfred Tai Chi group for giving us such a wonderful demonstration,” said Ljungstrom Human Resources Manager Linda Bysiek. “It is a really good chance to let our company’s employees know and understand Tai Chi culture,”

“Tai Chi is a good way to strengthen our body and let us keep peaceful,” commented Tai Chi group member Jazmin Tidrow.