

Tai Chi master to offer free workshops for all at Powell Center

1/10/11

The Tai Chi Master Kai Hu from China University of Geosciences in Wuhan will visit Alfred University for a two-month workshop of Tai Chi. The workshop will explore the traditional Chinese exercise and provide development of the basic skills and techniques that lead toward an integration of the mind-body-spirit trilogy. The workshops will be conducted from 6-8 p.m. every Monday and Tuesday beginning on Jan. 17 in the Knight Club, Powell Campus Center. These workshops are free and open to the public. Alfred University's College of Business is host to an internationally recognized Confucius Institute, devoted to promoting Chinese language and culture through education. The workshop is made possible through the Institute.