

# Tai Chi Classes

*at the Student Counseling Center*

*Classes begin on Thursday, March 28  
(meets every Thursday until May 2)*

*Time: 5:00 - 6:00pm  
2nd floor - Gillum Hall*

**CLASS SIZE LIMIT:  
15 PARTICIPANTS**

*(First come, first served)*

*Bring a mat if you like, there is carpet on the floor.*

## **What is Tai Chi?**

*Tai Chi is a traditional Chinese martial arts exercise which has well-established medical benefits for the mind, body, and spirit, including reduction of symptoms for depression, anxiety, cognitive decline, cardiovascular or rheumatological diseases, and cancer. Also, Tai Chi has been shown to improve mobility and quality of life for Parkinson's patients and older adults in general. As a whole-body exercise, Tai Chi has revitalizing effects for people of all ages.*

## **Your Instructor: Dr. Jackie Shin**

*The Tai Chi instructor, Jackie Shin, associate professor of psychology, is a cognitive neuroscientist, Tai Chi researcher, and a long-time practitioner of Tai Chi, Qigong (Chinese mind-body energy practice), and meditation. She was trained at the Lien-Ying Tai Chi Chuan Academy in San Francisco, CA and in Korea. Her research aims to integrate Traditional Chinese Medicine, Western physiology, and the science of motor control and learning to develop Tai Chi/Qigong treatments for depression, cardiovascular disease, and other mind-body health issues.*

**INDIANA STATE**  
STUDENT COUNSELING CENTER

*Questions? Call the SCC at 812-237-3939.*