

Practice It: The STEM of Tai Chi

A Program of the PAST After School Explorations Series



Tuesday and Thursday March 1st - April 28th, 2016 | Age 12-18

Dates: Tuesdays & Thursdays, March 1st- April 28th, 2016

Time: 4:00pm-6:00 pm

Location: PAST Innovation Lab, 1003 Kinnear Road, Columbus, OH 43212

Students Age: 12-18 years

Price Per Student: \$50

Director: Jim Bruner

Improve your health and well being through Tai Chi!

Practice It: The STEM of Tai Chi is a new, innovative after school program offered by PAST Innovation Lab through instructor Jim Bruner. Open to any students ages 12-18, it explores the social, cultural, artistic and health benefits while seamlessly intertwining engineering, language arts, math and physics.

This innovative combination of physical and mental exercise is perfect for teens seeking to master neuro-physical strength and grace.

Elements of the program include:

- Learning the basic movements of Tai Chi and its cultural origins
- Reflecting on the science and movement of Tai Chi's complex motions in Yang Short form through a combination of practice, writing, and discussion
- Building self-confidence, discipline, and poise
- Presenting their practice during the final class as a demonstration of their learning

This program will be offered every Tuesday and Thursday at PAST Innovation Lab from March 1st to April 28th, 2016 and is limited to the first 20 students that sign up.

Use this link to register today:

<https://pastinnovationlab.org/students/bridge-programs/practice-it/>