



CINT VOLUNTEER EVENT

OPEN MIC WITH ALFRED TAI CHI SESSION FOR STARTERS

Let our CINT Volunteer Alfred take you into the world of tai chi. Get to know Chinese philosophy and put your knowledge into practice.

Topics of this workshop:

- Find out more about the principles and benefits of tai chi during a 30 min theoretical introduction.
- Learn how to balance your yin and yang.
- Engage in tai chi exercises either indoors or outdoors (depending on the weather).
- Do standing meditation and discover its concept.

We recommend wearing comfortable clothes for the practical exercises.



Wednesday, May 15th, 2024

Location: Club International, Körblergasse 117,
8010 Graz (access via Lindweg 33)

Starting time: 6 p.m.

Duration: approx. 2 hours



For this event we charge a fee of € 5,- for CINT members and their families (adults). Also non-CINT members can participate in this event for € 15,- per person. Payment details are stated on our website after you registered for the event. Please note: Refunds apply only if you cancel at least 5 working days prior to the event or find someone to take your spot(s)!

For organisational reasons, we kindly ask you for your registration on our [web-site](#) by **May 12th**.



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