

College of the Siskiyous

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PRESS RELEASE

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FOR IMMEDIATE RELEASE

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COS OFFERS FALL TAI CHI CLASS IN MT. SHASTA AND WEED

Weed / COS – Beginning Monday, August 17, College of the Siskiyous will offer Tai Chi (PEFI 40) in Mt. Shasta at the City Park Lower Lodge from 8:30 to 9:45 a.m. and later at Shastice Park from 5 to 6:15 p.m. Both classes will continue to meet every Monday and Wednesday until December 16, 2009. On Tuesday and Thursdays beginning August 18, Tai Chi will be taught at the College of the Siskiyous Weed Campus Gym from 9 to 10:15 a.m. The instructor of these classes is Deborah Hiple.

This one-unit class is open to adults of all ages and all physical conditions. The focus of the Tai Chi class is to improve health and physical movement. Tai chi is a set of postures practiced in a flowing series of movements. Each posture stimulates a particular energy meridian or balances the homeostasis of the body. Practiced by Taoist healers since ancient times, it is considered the oldest known form of exercise known to the human race.

For more information contact Instructor Hiple by calling (530) 926-2664. Students interested in registering for Tai Chi may do so at the Weed or Yreka Campuses or online by visiting www.siskiyous.edu and clicking on "COS Online Services." The Weed Campus may also be reached by calling (530) 938-5555 or toll-free, (888) 397-4339.