

CIT Hosts the 8th Chinese Tea Talk on Tai Chi

On October 24th, the Confucius Institute at Troy University held a cultural lecture with a Tai Chi theme. Visiting Scholar He Jing first introduced Tai Chi to the students including philosophical thinking in Tai Chi, the benefits of Tai Chi, and the essentials of practicing Tai Chi. After the lecture, He Jing and other Visiting Scholars taught the students how to practice Tai Chi outdoors, which increased the students' interest. This lecture not only taught the students to exercise strength and health, but also made them feel the profoundness and depth in Chinese culture.

特洛伊大学孔子学院 2019 年秋季中国角文化讲座之八——中国武术太极

美国当地时间 2019 年 10 月 24 日下午，特洛伊大学孔子学院在特洛伊校区举办了以中国武术太极为主题的文化讲座。孔院访问学者何静老师首先向学生们介绍了中国武术太极拳。其中包括：太极拳中的哲学思想，打太极拳的好处及练习太极拳的要领。在讲座后，何静老师和其他访问学者一起带领学生到户外练习太极拳，引起了同学们浓厚的兴趣。此次讲座不仅带着同学们强身健体，还让他们感受到中国文化中博大精深的哲学思想。