

## Montgomery Focus – the Workshop of Tai Chi and Yin Yang

On March. 21, 2018, the fourth workshop of the Chinese Culture Club at the Confucius Institute at Troy University (CIT) Montgomery campus in this year was held with the title of *Tai Chi and Yin Yang*.

At the workshop, Ms. Wei Yu firstly introduced the history and the structure of Yin Yang Tu. And then she shared the essential concepts of Iching, Tai Chi, Taoism, Tai Chi Quan and explained the root of Chinese philosophy by presenting a great number of pictures and video clips. This presentation is an important part of CIT Montgomery campus' goal of sending cultural events off campus and achieved a good result.

