

Bank's Tai Chi Practitioner Site

Page created & maintained by Kurt Nemes



The Fitness Center offers a weekly class in the Yang, short-form style of Tai Chi every Thursday from 1-2 in the H Building.

Each class has 20 minutes of warm-up, about 20 minutes of the form, and then intensive work on memorizing part of the form.

Any type of loose fitting clothing is appropriate.

For questions, please contact Kurt Nemes at knemes@worldbank.org.