



THE WHOLE U
UNIVERSITY of WASHINGTON

SPEAKER SERIES

Experience Chi Walking: Chi Master Laura Houston

Wednesday, July 22 | noon–1 p.m.
Drumheller Fountain (north side)

Laura Houston is back for a summer Chi Walking clinic! Learn how to practice meditation while walking for improved performance, increased energy, and the ability to walk at a faster pace with ease.

A research scientist in the Department of Pediatrics, School of Medicine, Laura Houston enjoys helping others find the ease of movement that Chi Running and Chi Walking has brought her.

Register: bit.ly/uwchiwalk



PHOTO: Glenn Tachiyama

To request disability accommodation contact the Disability Services Office at least ten days in advance: 206.543.6450/V, 206.543.6452/TTY, 206.685.7264 (FAX), or email at dso@u.washington.edu.