

World Tai Chi & Qigong Day

One World, One Breath!

Participate in the **FREE EVENT** for the **World Tai Chi & Qigong Day**. It's open to all, no matter if you are a beginner, never-done-it-before, just curious, or if you are a teacher and want to share with others. Bring your friends and introduce them to Tai Chi & Qigong.

Time: 10:00 am Saturday 29th April

**Venue: Victoria Park, beside Sydney University
(Opposite Seymour Theatre on City Road)**

Participation commences at 10:00 am:

- Qigong (BaDuanJin/12 Form/ 18 Form)
- 24 Yang Style Form
- 42 Combination Form
- 48 Yang Style Form



Push-hands groups will run throughout the event from 10:30am

Demonstrations will commence at approximately 11:00 am:

- Chen Style Forms
- Chuk Kai Tai Chi - Marrickville group
- Swimming Dragon (Tai Yi You Long Quan) - Burwood group
- Other demonstrations TBC

Lunch break at 12:30 so please bring something to eat or drink.

No need to book to participate, just turn up and join us!

If you or your group want to demonstrate please let Lina know in advance.

Looking forward to seeing you at the Big Event!