

World Tai Chi & Qigong Day

One World One Breath!



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

Time: 10:00am Saturday 30th April 2022

Venue: Sydney University, New Law School Open Steps

(Opposite Seymour Theatre on City Road. If it's raining, we will move to the open deck in New Law School Sydney Uni). Photo below are the steps.

Participation for all commences at 10:00 am:

- Qigong forms
- 24 Yang Style Form
- 42 Combination Form
- 48 Yang Style Form
- Other Tai Chi styles Form



Demonstrations will commence at 11:00 am:

Please email Cyril Loa by COB 23 April at: <cyril.loa@gmail.com> if you or your group want to book for demonstrations. Bring own usb with music, if preferred.

The TCAA promotes the practice of all styles of Tai Chi and Qigong in Australia.

Please bring some drink and food as we anticipate closing by 1:00pm.

Enquiries: contact Steve on 0409594533, heardsteve@gmail.com, NSW Representative, TCAA