

## **World Tai Chi & Qigong Day**

**One World, One Breath!**

Participate 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 a teacher and want to share with others. Bring your friends and introduce them to Tai Chi & Qigong.

**10:00 am Saturday 24<sup>th</sup> April 2021**

**Victoria Park, beside Sydney University**

**Opposite Seymour Theatre on City Road**

**If it is raining, we will move to the open deck in New Law School Sydney Uni**

Participation commences at 10:00 am:

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



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

Demonstrations will commence at 11:30 am:

**To book for demonstrations email Cyril Loa before 22 April at:**  
**<cyril.loa@gmail.com>**

**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 Cyril know in advance.

**Looking forward to seeing you at the Big Event!**