

**WORLD TAI CHI & QIGONG DAY 2020**

**Saturday the 25th April 2020**

**Redfern Town Hall, 9.00am to 1.00 pm**



**FREE PUBLIC PARTICIPATION**  
**FREE TAI CHI DEMONSTRATIONS**  
**FREE CHINESE TEA**  
(while stocks last 😊 )

**ALL WELCOME – JUST TURN UP!!!**

The World Tai Chi & Qigong Day (WTCQD) is an annual April event open to the general public participation that started in the USA 1998. This Event has now turned into a “wave” of Tai Chi and Qigong celebration, moving across the World beginning at 10 am from Samoa, across to Oceania, Asia, Africa, Europe, North America, and South America, and finishing in Hawaii.

About eighty nations and several hundred cities get involved. Celebrations include mass Tai Chi and Qigong public participations, exhibitions, and free classes.

The Tai Chi Association of Australia takes this opportunity to share the practice and health benefits of Tai Chi.



SUPPORTED BY

