



World Tai Chi & Qigong Day Free Event 30th April 2016

Taichi Association of Australia will organize a **FREE EVENT** for the **World Tai Chi & Qigong Day**. It's open to all, no matter you are beginner, never-done-it-before, even just curious; or if you are a teacher want to share with others. Please bring your friends, relatives to share this moment---- **One World, One Breath!**

Time: At 11:00 am, 30th April (Saturday morning)

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

- Contents:
- Qigong Forms
 - 24 Form
 - 42 Form/48 Form
 - Yang Style Form
 - Chen Style Form
 - Push-hands groups throughout the event
 - If you or your group want to demonstrate, Please let me know in advance

We will have a lunch break at 12:30, so please bring Something to drink or eat.

Looking forward to seeing you at the Big Event!