

Soaring Crane Qigong

WORLD TAI CHI & QIGONG DAY

Sat. April 24 - Woodland Park shelter #6 - 9:30am



On Saturday, April 24, millions of qigong and tai chi practitioners around the world will come together in their practice. The event raises awareness about qigong and its benefits, promotes world peace, and helps heal our Earth.

Teri Applegate, lineage holder, will head up a practice of a Remedy Routine and the Five Routines. Join us at 9:30am at Woodland Park shelter #6; stay afterward for a snack and tea.

WTCQD's annual event is both moving and inspiring, as people from over 65 nations in hundreds of cities, and all 50 U.S. States, come together to wrap the world in a global Tai Chi and Qigong movement.

World Tai Chi and Qigong Day website
www.worldtaichiday.com

World Qigong Day details

- Arrive by 9:30am
- Access shelter #6 from Rt. 99 north-bound, exiting into the park at 59th St.; or follow signs uphill from Green Lake tennis courts & off-leash area
- Tea provided; bring a light snack to share
- \$5 suggested donation to cover cost of shelter

Additional Info: e-mail qigongclasses@aol.com or call Martha Hurwitz 206-372-8628