



**FOR IMMEDIATE RELEASE:**

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

- *An unprecedented global health and healing event which will unfold across the planet on Saturday, April 24th, 2010, worldwide*

<http://www.WorldTaiChiDay.org>

### **What is World Tai Chi & Qigong Day?**

<http://worldtaichiday.org/WhatisWTCQD.html>

### **Locate Events and Local Event Organizers (worldwide) at:**

<http://worldtaichiday.org/ATLASFindWTCContinents.html>

### **View a 5 minute Power Point Presentation on the History of this Event:**

<http://worldtaichiday.org/HistoryofWTCQDPowerPoint.html>

### **Online Press Packets in 9 languages at:**

<http://worldtaichiday.org/MediaResources.html>

Auf **Deutsch** an [www.worldtaichiday.org](http://www.worldtaichiday.org)

En **français** à [www.worldtaichiday.org](http://www.worldtaichiday.org)

En **italien** à [www.worldtaichiday.org](http://www.worldtaichiday.org)

Dans le **Portugais**

à [www.worldtaichiday.org](http://www.worldtaichiday.org)

Dans l'**Espagnol**

à [www.worldtaichiday.org](http://www.worldtaichiday.org)

*Beginning in New Zealand, this event will spread time zone by time zone across the globe through 60 countries across 6 continents. . . . This healing wave will not only be a spectacular visual sight, but also promote calm and wellness worldwide. Past event photo archive: <http://worldtaichiday.org/WTPhotoArchive.html>*

Mass Tai Chi and Qigong (Chi Kung) Exhibitions will be held in public places, to educate the world about the benefits of the Traditional-Chinese-Medicine exercises of Tai Chi and Qigong (Chi Kung).

*Tai Chi and Qigong (Chi Kung) are health technologies evolved over several thousand years of research in China and now growing in popularity worldwide. They are used in hospitals, business, prisons, schools, and other institutions. Tai Chi and Qigong have been shown in research to reduce anxiety, depression and chronic pain conditions. They boost the immune system, improve respiratory function, burn calories, dramatically improve balance, provide cardiovascular benefit, provide powerful stress management tools, and slow aspects of the aging process.*

International Event Information: <http://www.WorldTaiChiDay.org>  
or call Bill Douglas, at 1-913-648-2256, [wtcqd2000@aol.com](mailto:wtcqd2000@aol.com)

Local Event Contact:

### **Australian Academy of Tai Chi & Qigong – Qld**

<http://www.livingchi.com.au> or call Rod Ferguson at 3358 1955, [rod@livingchi.com.au](mailto:rod@livingchi.com.au)  
or Brisbane City Council 3403 8888 <http://www.ourbrisbane.com>



## JOIN US FOR WORLD TAI CHI & QIGONG DAY Saturday 24th April New Farm Park



On the last Saturday of April each year - beginning in New Zealand - mass Tai Chi & Qigong exhibitions will begin in parks and public places, then as the earth turns these events will unfold time zone by time zone, across 60 nations spanning 6 continents, creating a healing wave .... of health education.

8.00am – 9.00am... Active & Healthy Tai Chi Qigong lesson ~ all levels welcome ~ FREE

9.00am – 9.30am ... Demonstrations and World Tai Chi & Qigong Day address ~ FREE

**Australian Academy of Tai Chi & Qigong**

[www.livingchi.com.au](http://www.livingchi.com.au)