

# ☯ World T'ai Chi & Qigong Day ☯

-An unprecedented global health and healing event which will unfold across the planet on

**Saturday, April 29, 2017.**

<i>China</i>	<i>Australia</i>	<i>Russia</i>	<i>Israel</i>	<i>South Africa</i>	<i>Brazil</i>	<i>US (Des Moines)</i>
						

Beginning in Samoa at 10 am their time, this event spreads time zone by time zone across the globe through 80 countries across 6 continents finishing with events in Hawaii at 10 am their time; sending a wave a calm and wellness around the world.

## Central Iowa Celebration

<p><b>Saturday, April 29, 2017</b></p> <p><b>9:00 am – Noon</b></p> <p>South Suburban YMCA 401 East Army Post Road Des Moines, IA</p>	<p><b>FREE – Open to the Public</b> (Need not be a Y member to attend)</p> <p>Demonstrations in Tai Chi Styles</p> <p>Mass practice at 10:00 am Free Workshops</p>
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No prior experience required

Need to be willing to:

- have fun
- learn something new
- make new friends

For updates: International – [www.worldtaichiday.org](http://www.worldtaichiday.org)

Local – Like us on Facebook: Central Iowa Tai Chi & QiGong



World Tai Chi & Qigong Day



One Word... One Breath...

