

World Tai Chi and Qigong Day

Saturday April 27, 2019

“One World,



One Breath”

When: 9 am- 11am am Saturday April 27, 2019

Where: Reid Park South Concert Place, S Concert Pl, Tucson, AZ, USA

Enter Reid Park off S Country Club Road at S Concert Place then look for the Tai Chi for Health signs to guide to our spot.

Suggested: Bring a picnic, visit the zoo, wander the rose garden, ride the train, swing at the playground

What: **Special 10 am practice to feel the Qi circling the globe send it on with our Tucson love and compassion. Tai Chi, Qigong practice open to everyone Demonstrations of all styles welcome**

WTCQD gathers annually, last Saturday in April 10a.m. in your time zone