

# A Worldwide Celebration!

Hundreds of cities. Over 80 nations.

## "One World...One Breath"

### World Tai Chi & Qigong Day

### Sat., April 29 • 10 am

on the triangle in downtown Emmaus

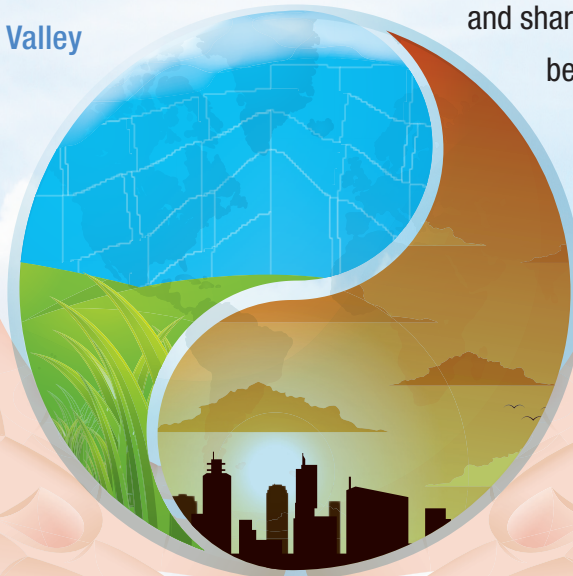
**FREE** Group Class & Demonstrations

**FREE** Lunch & Social Hour

after the event at Lehigh Valley  
Martial Arts in Emmaus.

**JOIN US** to learn and train as "one breath."

Be part of the worldwide celebration to educate  
and share the healing and health  
benefits of Tai Chi & Qigong!



**Call LVMA at 610-966-2234**

to sign up for the **FREE** lunch & social hour  
after the event and for **FREE** Tai Chi Classes  
the week of April 24 to prepare for the event.

**Be a better, healthier & happier you today!**

Find your balance • Integrate mind & body • Relieve stress &  
chronic pain • Reduce ADHD symptoms • Relieve colds & flues  
Reduce blood pressure, depression & anxiety • Improve balance,  
dexterity, sleep and sports performance

Sponsored in Emmaus by



## Tai Chi & Qigong

[www.taichilvma.com](http://www.taichilvma.com) • 544 Jubilee St. • Emmaus • 610-966-2234