

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

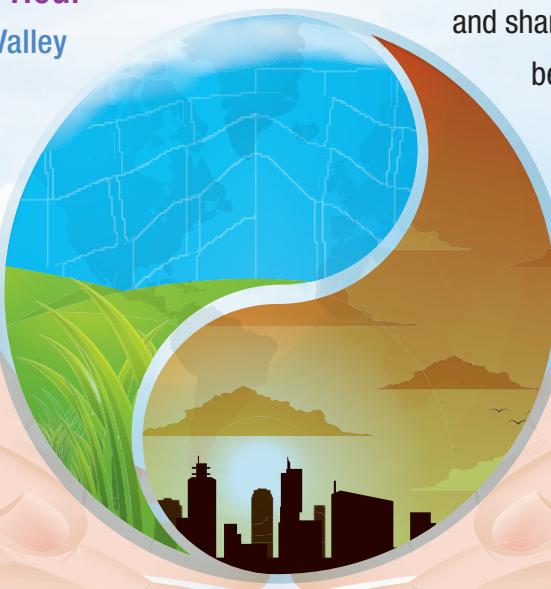
FREE Group Class & Demonstrations

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!



Sponsored in Emmaus by



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