

A Worldwide Celebration!

Hundreds of cities. Over 80 nations.

"One World...One Breath"

World Tai Chi & Qigong Day

Sat., April 28 • 9-11 am

On the triangle in downtown Emmaus.

Call LVMA
at 610-966-2234

to sign up for **FREE** Tai Chi
Classes the week of April 23
to prepare for the event.

Sponsored in Emmaus by



Tai Chi & Qigong



JOIN US to learn and train as "one breath." Be part of the celebration to educate and share the healing and health benefits of Tai Chi & Qigong!

Be better, healthier & happier today!

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