

# 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.



**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!

Sponsored in Emmaus by



# 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

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