



For Immediate Release Please

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One World...One Breath: World Tai Chi and Qigong Day Event Set for April 27

World Tai Chi and Qigong Day has been celebrated on the last Saturday in April for nearly twenty years. On April 27, 2019, people in hundreds of communities, in over 80 nations across six continents, will come together to perform tai chi and qigong at 10:00am, creating a circle of health and healing around the world. Healthy Acadia plans a free community gathering in Ellsworth this year to mark the occasion.

This celebration will introduce participants to tai chi and qigong, ancient Chinese health practices that integrate postures with breathing and mindfulness. The facilitators are members of Healthy Acadia's, "Tai Chi for Health" Program and certified Tai Chi for Health Institute instructors. Participants will perform slow, gentle, mind-body exercises that are appropriate for people of all ages and physical abilities. While tai chi and qigong appeal to many people simply because it feels good, the many health benefits include reducing stress while improving strength, flexibility, balance and energy.

Please join family, friends, and neighbors to help create a circle of personal and global health and healing on April 27, 2019, from 9:30am to 11:00am, at the Moore Community Center, 133 State Street, Ellsworth.

Can't make it to the event? You can help create the worldwide circle simply by pausing wherever you are at 10 o'clock in the morning to bring all of your attention to your breathing for just a few moments. For more information about this event or Healthy Acadia's, "Tai Chi for Health" program, contact Nina Zeldin at 667-7171 or nina@healthyacadia.org.

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