



Lakeland Village Community Center
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World Tai Chi and Qigong Day

One World ... One Breath

Hundreds of Cities – Over 70 Nations

Saturday, April 28th, 2018 at 10am

On the last Saturday of April at 10 am local time worldwide, the world is invited to join in on a mass Tai Chi Qigong teach-ins and exhibitions held in over 70 nations. This educational event brings people together across ethnic, racial, religious, and geopolitical borders in celebration of personal and global health and healing. Its motto is "One World ... One Breath."

Harvard Health Publication has called Tai Chi "moving medication" for all the myriad Health issues it has been proven to help with. Tai Chi and/or Qigong can boost immune functions by 50%; increase brain size; reduce depression and anxiety; reduce or eliminate chronic pain issues; dramatically improve balance, dexterity, and sports performance, prevent colds and flu; lower high blood pressure; reduce ADHD symptoms; improve sleep; and much more.

Sponsored and Hosted by Studio 395/Lakeland Village Community Center and Southwest Riverside County Tai Chi Chuan. For more about World Tai Chi and Qigong Day visit www.worldtaichiday.org. For local contact: Reuben Quesada (714) 206-2976 visit Southwest Riverside County Tai Chi Chuan at <http://myplace.frontier.com/~reuben.quesada/>

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