

## **World Tai Chi & Qigong Day April 28 10 AM to 12 Noon at Qi Elements**

**10-11 AM. Demonstrations of Tai Chi and Qigong exercises by Qi Elements instructors and students.**

Tai Chi Cane

Tai Chi Saber

Tai Chi Sword

Tai Chi Bare Hand Form section I

Tai Chi Fighting Set sections 1 and 2

Yin-Yang Symbol Silk Reeling two person

Tai Chi Self-Defense against Groping

Tiger Animal Set from the Five Animal Sport Medical Qigong

**11 AM- 12 Noon. Mini-workshops. Everyone invited to participate or observe.**

Lung Cleansing Qigong for preventing colds and relieving respiratory allergies.

Qi Permeation Technique for relaxation, improved energy circulation and reduction of high blood pressure

Qigong to Ease the Liver

Qigong for Arthritis

**12 Noon-1:00 PM. “Pot luck” lunch.** Please bring a dish to share if you are staying for the pot luck