



World Tai Chi & QiGong Day

'One World - One Breath'

www.worldtaichiday.org

Longhope Latchen Rooms - 27th April



For 25 years on the last Saturday of April at around 10 or 11am local time, millions of people in thousands of T'ai Chi groups in over 80 countries join together to enjoy T'ai Chi and Qi Gong, creating a wave of public events that start in New Zealand and finish in Hawaii.

'One World - One Breath'

Pre-covid Crystal T'ai Chi hosted a free public event with all money raised given to a specified charity.

We have resumed the event this year at the

Latchen Room in Longhope - 27th April 11am

We welcome anyone of any age or ability, seated or standing, to join us for a couple of hours and experience the fun and health benefits of this Chinese Art. We will explain what T'ai Chi is, dispel a few myths, and show you a few basic movements that will enable you to join in and have fun with us and the whole world. You will be encouraged to work within your own ability and state of health, no matter how limited.

The event is free but donations will be appreciated.

Refreshments will be available for a small charge.

This year all money raised will be given to

Royal British Legion Poppy Appeal

For more information contact Trevor

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