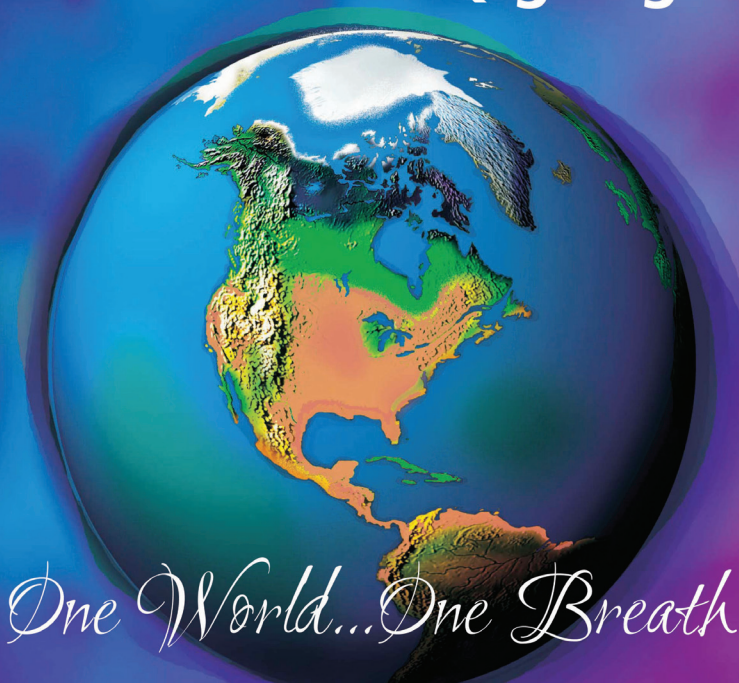


World Tai Chi & Qigong Day



Free Global
Community Event!



Celebrate the unifying power of Tai Chi and Qigong for achieving better health and a better world from
9 a.m. to 12 p.m., Saturday, April 30, 2011
at Normandale Community College, Bloomington, MN

at the same time as thousands of other people in 60 countries around the world. This year marks the thirteen anniversary of this exciting global event, and will feature Tai Chi experts Dr. Russell Smiley and Spring Forest Qigong Master, Chunyi Lin.

Everyone is invited to learn and celebrate the unifying power of Tai Chi and Qigong for achieving better health and a better world.

- Experience five beautiful and health promoting forms of Tai Chi featuring Dr. Russ Smiley
- Learn about additional Health and Wellness programs and how to enhance your health
- Join Master Chunyi Lin and Spring Forest Qigong for a very special healing meditation
- Feel the energy of over 60 countries celebrating WTC&QD together, uniting our world.

One World .. One Breath

Because of limited seating, we are asking individuals to **PRE-REGISTER** for this fun, free event.
<http://normandale.augusoft.net>

Normandale Community College is sponsoring the event, which will include interesting, visual demos, dances, and fascinating break-out sessions. A growing body of medical evidence and scientific research has established the healing benefits of Tai Chi and Qigong. Come learn for yourself and bring a friend!



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