

# YMAA Taiji in the Arboretum



**When:** World Tai Chi & Qigong Day  
Saturday, April 25, 9:30 - noon

**Who:** YMAA students and friends.  
Everyone welcome!

**Where:** Meet at the Arboretum,  
near the Forest Hills Gate  
(In case of rain, we'll be at the school.)

**What:** At 10:00, we'll be doing the Taiji form as  
part of World Tai Chi & Qigong Day, a day  
when people around the world do taiji at  
10:00 in their respective time zones. We'll  
also do some qigong and pushing hands.

“On the last Saturday of April each year...  
the entire world is invited to move  
together... to breathe together...  
One World... One Breath.”

