

WORLD TAI CHI DAY

Saturday, April 25

Starting at 10:15 am



Location: Yang's Fitness Center, Andover, MA
Free Event, Public Invited

This event is a wonderful opportunity for people worldwide to share an energizing experience. The goal is to educate and improve the health of the global community while also increasing public awareness about Tai Chi and Chi Kung (Qigong) and their healthful benefits.

Who is invited?

Those who are curious about Tai Chi and want to learn more about it and those who practice Tai Chi and/or Chi Kung - any style from any school.



What's Happening?

Starting at 10:15 AM, ending approx. 12 noon

- Gathering & open practice
- Welcome
- Warm-ups & Qigong
- Tai Chi
- Demonstrations, informal hands-on sessions
- Open practice, Q&A

SPONSORED BY:

Yang's
MARTIAL ARTS
& FITNESS CENTER
5 Dundee Park
Andover, MA
978.475.2020

Questions? Call Yang's Fitness Center at 978.475.2020

www.YangsFitnessCenter.com