

A Special Free Event For Everyone interested in experiencing Tai Chi & Qigong

One World , One Breath ...Join Us

World Tai Chi & Qigong Day

Free

Everyone Welcome

Saturday, April 28, 2018, from 10 am – Noon

Easy Street, Sanderson Lincoln Pavilion, Town of Carefree, AZ

Contact: Bina Bou, binab75@gmail.com, 480-284-1300

Benefits of Tai Chi and Qigong

From Mayo Clinic website

Improves Flexibility, Bone Density, Balance, Fall Prevention and Posture. Decreases: Stress, Anxiety & Lowers Blood Pressure. Relaxes Muscles & Mind. Strengthens the Body. Increases Immune System & Mind Body Awareness. Reduces Migraines and Promotes Inner Peace



Join us for a free two-hour interactive experience with Tai Chi & Qigong. The ancient Eastern arts of movement, Tai Chi & Qigong have been proven to improve body flexibility, improve brain health and reduce stress while providing a sense of Inner Peace.

Through this special event, each participant and our community will gain a better understanding of how to easily improve your own body and brain health. We encourage you to wear loose clothing and comfortable shoes.

Join us in Carefree and with the millions of people around the world celebrating World Tai Chi & Qigong Day. Together we will send a universal message of healing energy and peace.



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CAREFREE



