

WORLD TAI CHI QIGONG DAY &

One World. One Breath.



Maffeo Sutton Park
Nanaimo

Sat, April 27, 2024

9:30am – Noon

- **Mass Tai Chi at 10am**, to synchronize with global Tai Chi “wave” starting in the earliest time zones of New Zealand, and ending in Hawaii.
- 108 Tai Chi, 24 Tai Chi, Seated Tai Chi, Qigong, Lok Hup Ba Fa, Tai Chi Fan dance, Sword dance, and more.
- Kids activities including face painting and dancing.



Hosted by: **Mid Island Tai Chi Club**

Participating clubs include:

Oceanside Tai Chi; Chinese Taiji & Dance Club;

Tai Chi Nanaimo Association; Parksville Shores Tai Chi

midislandtaichi.org