

WORLD TAI CHI & QIGONG DAY

One World. One Breath.

Maffeo Sutton Park Nanaimo
Sat, April 25, 2026, 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, Sabre, and more.

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

Participating clubs include:

Canadian Tai Chi Academy; Chinese Taiji & Dance Club; Oceanside Tai Chi; Parksville Shores Tai Chi; Tai Chi Nanaimo Association



midislandtaichi.org