

Celebrate World Tai Chi Day!



Join this annual celebration of World Tai Chi & Qigong Day at Lindley Park in Greensboro! This free offering is an international event with the purpose of cultivating healing energy for our planet through the gentle movements of Tai Chi & Qigong.

Where: Lindley Park, W. Market Street, between Starmount & Ashland Streets, near the entrance to Greensboro Arboretum. Follow entrance at Green Valley Road to parking lot.

When: 9:30 – 11:00 am, Saturday, April 29th, rain or shine.

Enjoy the free introductory class offered at 9:30, followed by the group practice from 10-11:00.

The practice of Tai Chi is said to give one the strength of a lumberjack, the suppleness of an infant, and the wisdom of a sage.

For information on classes in your area, phone: **336-449-3284**
or email: info@silktigertaichi.com

Please visit: www.silktigertaichi.com