

YOU ARE INVITED

WORLD TAI CHI & QIGONG DAY

APRIL 29TH 2023

CALTECH Y LAWN

9:30 – 11:30 AM



Source: <https://www.worldtaichiday.org/>

World Tai Chi & Qigong Day



One World ... One Breath

Join us and 100s of Cities in Over 80 Nations to celebrate World Tai Chi & Qigong Day.

Caltech Tai Chi Club

World Tai Chi & Qigong Day is held each year on the last Saturday of April at 10 am local time all over the world. It begins with mass Tai Chi events in the earliest time zones of New Zealand, and then spreads as the world turns, 10 am local time worldwide, ending with final events in Hawaii (USA).

Tai chi is often described as “meditation in motion”. It can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life.
-Harvard Health Publishing