

BE A HEALING PART OF HISTORY!

World Taiji & Qigong Day—WTQD—is an annual event held the last Saturday of April each year to promote the related disciplines of Taijiquan & Qigong. This annual event is open to the general public, & begins in the earliest time zones of New Zealand at 10:00 AM, & then participants across Oceania, Asia, Africa, Europe, North America, & South America take part, ending with the final events in the last time zones of Hawaii almost an entire day later. Tens of thousands in hundreds of cities, in over 70 nations come together...to breathe together...to provide a healing vision for our world. Be a part of the World Taiji & Qigong Day 2013.

This health education event's motto is **One World...One Breath**  **同一世界...同一呼吸**

Help spread the word!

World Taiji and Qigong Day's stated goals are:

- 1) *To educate the world about emerging medical research revealing profound health benefits of Taijiquan & qigong for individuals, communities, & nations.*
- 2) *To provide a global vision of cooperation for health & healing purposes across racial, economic, religious, & geo-political boundaries, providing an example to the world.*
- 3) *To educate about the increasing use of these ancient Traditional Chinese Medicine modalities in business, education, penal & drug rehabilitation.*
- 4) *To thank Chinese culture for creating & sharing these profoundly valuable gifts with the world.*

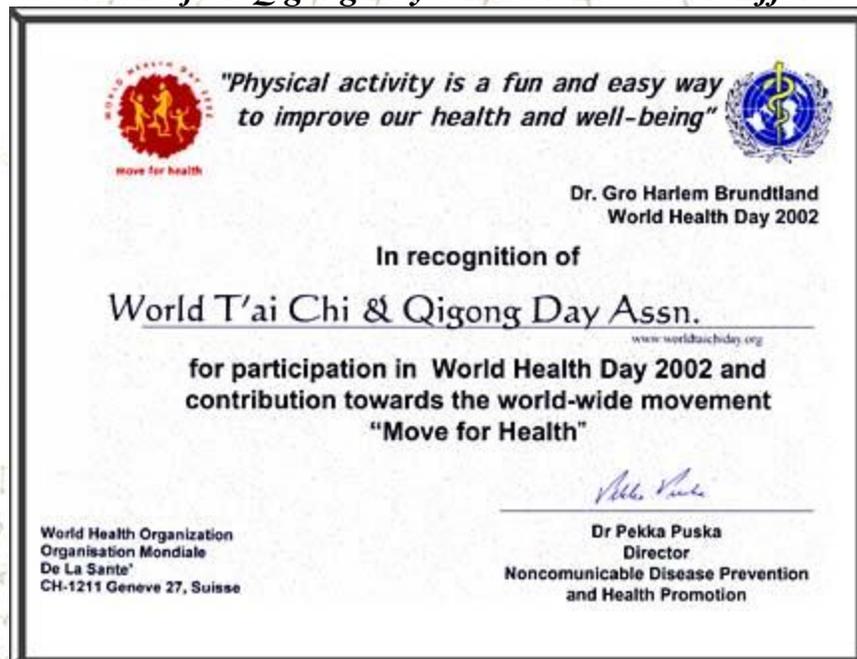
SWT [Shaolin Wei-Tuo] will be co-hosting this year's event—15th Annual World Taiji & Qigong Day **世界太極氣功日**—with our co-sponsor, the **Health Education Outreach**, Claremont Colleges at the **Tranquada Student Services Building, Multipurpose Room**; 757 College Way, Claremont, CA 91711 on **April-27-2013, Saturday, 2:00 – 4:00 PM.**

As always it is **FREE!**

The United Nations World Health Organization

Officially Recognized

World Taiji & Qigong Day's Health Education Efforts



Harvard Medical Health Publication [May/09] has called Tai Chi (Taiji) “moving meditation” for all the myriad health issues it has been proven to help with. Tai Chi/Qigong can boost immune function by 50%; increase brain size; reduce depression & anxiety; reduce or eliminate chronic pain issues; dramatically improve balance, dexterity, & sports performance, prevent colds & flu; lower high blood pressure; reduce ADHD symptoms; improve sleep; & much more.

Organization

The local events are independently organized by local Taijiquan & Qigong schools, groups, & associations. The format of events varies by locality, although most involve free classes & mass exhibitions. International organizing for the event is done at the World Taiji & Qigong Day office in Overland Park, Kansas.

History

The global event began in 1999. However the first event, that inspired the global event, was held in Kansas City, Missouri in 1998 on the lawn of the Nelson Atkins Museum of Art in midtown Kansas City, where the Kansas City Tai Chi Club held a mass Tai Chi exhibition and teach-in involving nearly two-hundred people. CNN Headline News covered the event, which generated interest beyond Kansas City to quickly grow into a national and international event in the following years.

This global healing event, in turn, inspired what is now known as World Healing Day.

A WTQ Day event being held at the **Nobel Peace Center** (Oslo, Norway)



A WTQ Day event being held at the **United Nations** (New York)

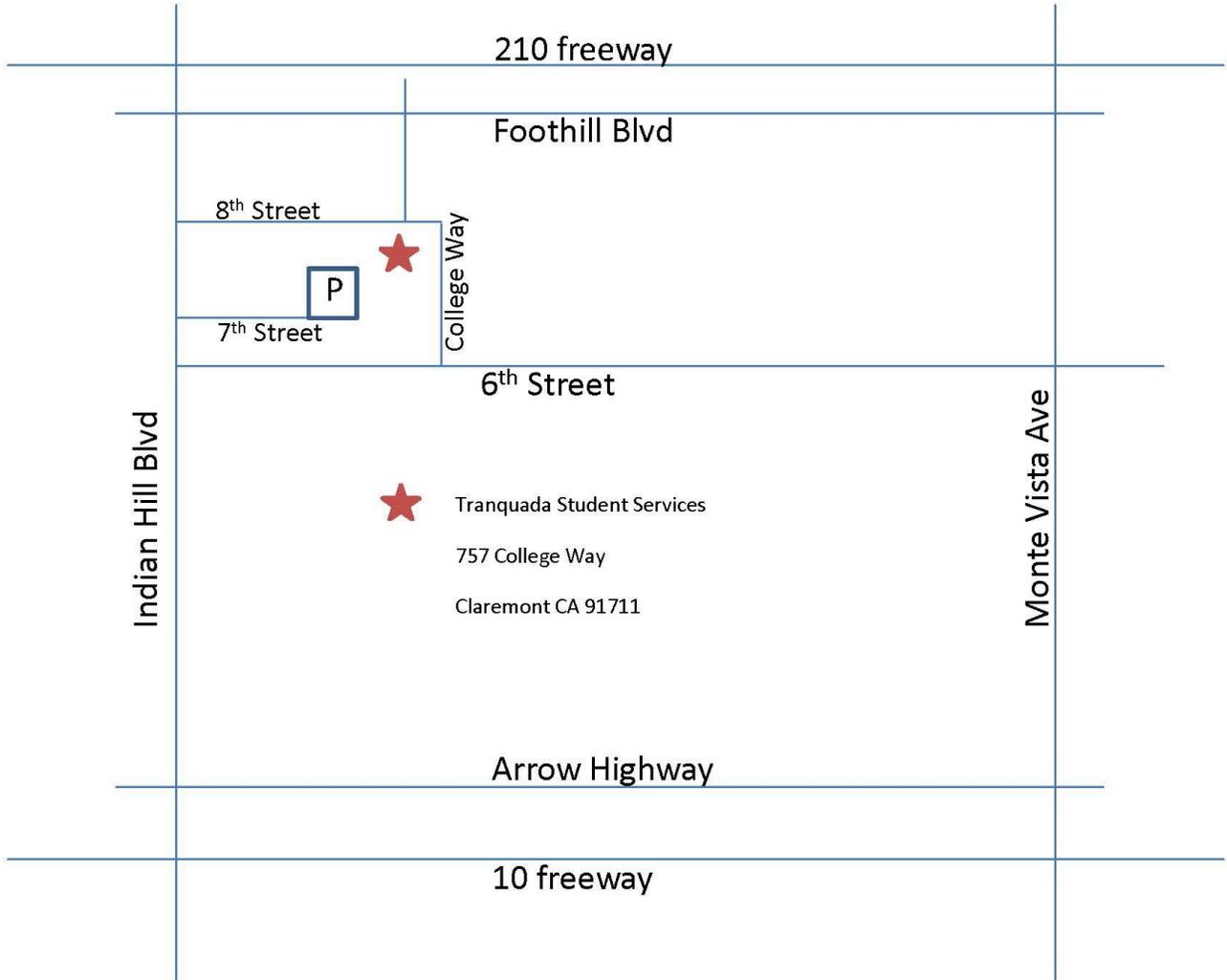


Contact & info:

Kin: (909) 948-1288 ~ kinerqi@gmail.com ~ www.taijiat.com [SWT]

Elizabeth Wilmott: (909) 607-9355 [Director of Health Education Outreach]

Map to the WTQD event



Handwritten notes at the bottom of the page, including a scale bar and some illegible text.

Additional handwritten notes at the bottom of the page, including a scale bar and some illegible text.