



World
Tai Chi
Day Event,
Wisconsin,
USA

FOR IMMEDIATE RELEASE:

World T'ai Chi & Qigong Day

An unprecedented global health and healing event which will unfold across the planet on:

Saturday, April 24th, 2010

- ☉ **What is World T'ai Chi & Qigong Day?**
<http://worldtaichiday.org/WhatisWTCQD.html>
- ☉ **Locate Local Events** and Local Event Organizers (worldwide) at:
<http://worldtaichiday.org/ATLASFindWTCContinents.html>
- ☉ **View a 5 minute Power Point Presentation on the History of this Event:** <http://worldtaichiday.org/HistoryofWTCQDPowerPoint.html>
- ☉ World Tai Chi & Qigong Day, **Online Press Packets in 9 languages** at: <http://worldtaichiday.org/MediaResources.html>

Beginning in New Zealand, this event will spread time zone by time zone across the globe through 60 countries across 6 continents. . . . This healing wave will be a spectacular visual site, but also promote calm and wellness worldwide. Past event photo archive:

<http://www.worldtaichiday.org/WTCQDPHOTO2005.html>

Mass Tai-Chi and Qigong (Chi Kung) Exhibitions will be held in public places. The goal is to educate the world about the benefits of the Traditional-Chinese-Medicine exercises of T'ai-Chi and Qigong (Chi Kung).

Tai Chi and Qigong (Chi Kung) are health technologies evolved over several thousand years of research in China and now growing in popularity worldwide. They are used in hospitals, business, prisons, schools, and other institutions. Tai Chi and Qigong have been shown in research to reduce anxiety, depression, chronic pain conditions. They boost the immune system, improve respiratory function, burn calories, dramatically improve balance, provide cardiovascular benefit, provide powerful stress management tools, and slow aspects of the aging process.

<http://worldtaichiday.org/MediaResources.html>

For National & International Event Information:

www.worldtaichiday.org,

or call **Bill Douglas**, at 1-913-648-2256,

wtcqd2000@aol.com

Local Event Contact: Pat Culotti of Enhancing Balance at 262-271-1061

Join our FREE Demo at

Enhancing Balance Studio:

W249 S6680 Center Dr, Vernon, WI, 53189

(1 mile north of I-43 on Hwy 164, turn left on Skyline Ave to Center Dr turn right and right in drive—just south of Waukesha) Call to register or join us.

at 10:00 am Saturday, 4/24/10

www.EnhancingBalance.com