

Celebrate World Tai Chi Day!



Join this annual celebration of World Tai Chi & Qigong Day at Lake Daniel Reservoir 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: Lake Daniel Reservoir Park, across from 411 Mimosa Drive, off Westover Terrace. Park on street, follow signs. Restroom facilities nearby.

When: 9:30 – 11:00 am, Saturday, April 27th, rain or shine.

Enjoy the free introductory class offered at 9:30, followed by the group practice from 10-11:00. Led by Shifu Eric Reiss, Chief Instructor of Silk Tiger School.

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