



**Saturday, April 29<sup>th</sup> is World T'ai Chi and Qigong Day**  
with its theme of **“One World One Breath”** .

For more background information,  
see the **WORLD PEACE PRESS RELEASE** at the end here.

**MEANWHILE ...**

**You are welcome to come join with us as we celebrate**  
at The Lantern on Barnes Road

Saturday, from 1:30 – 3:30 (Please arrive 10 – 15 minutes ahead of time.)

Brand new for you? Have previous experience? All Welcome!

Simply come along, relax and simply join in ...

- 1:30 -3:30 → A **Wisdom Healing Qigong** Video Livestream session with Master Mingtong Gu from The Chi Center, Santa Fe, New Mexico ... and any members of our local community practice group who may be available to join us ...
- 2:45 – 3:30 → A **T'ai Chi Chih Joy Thru Movement** group practice, again, with any members of our local community practice group who may be available to join us ...

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**If you are unable to join us at The Lantern and would perhaps like to view the  
Wisdom Healing Qigong Livestream from The Chi Center at home ...**

Click here for more information and to sign-up for this free one-hour Qigong event on-line. You will be then sent the link to use on Saturday at home. <http://wtqd2017.pages.ontraport.net/>

Time is 10:00am Mountain Time which is 1:30pm NL time ...

**World Tai Chi & Qigong Day 2017**  
**10am (MDT), April 29, 2017**  
**Free Online Live Stream Event and Practice**  
**Live from the Center for Wisdom Healing Qigong, Santa Fe**  
Join Qigong Master Mingtong Gu and Global Tai Chi and Qigong Community

## A 2017 WORLD PEACE Press Release follows here:



### **World Tai Chi & Qigong Day - One World ... One Breath - “24 Hours of World Peace” Press Release**

**Published on April 9, 2017**

“For nearly two decades a quiet subtle phenomenon has grown across the planet. Each year, on the "last Saturday of April," in 100s of cities in over 80 nations, spanning 6 continents ... World Tai Chi & Qigong Day events have been held around the planet all on the same day.

The event's motto is "One World ... One Breath," and in recent years Tai Chi champion, David Dorian Ross (of PBS tai chi specials fame), and Bill Douglas, Founder of World Tai Chi & Qigong Day have teamed up to LIVESTREAM this global phenomenon as it unfolds across the planet ... dubbing this livestream project as "24 Hours of World Peace."

The event ... has been noted as part of the United Nation's Movement for Health celebration... The event is open to everyone to participate, and involves free Tai Chi and Qigong mass exhibitions and teach-ins that are spectacularly beautiful.

The event's goal is to educate the planet on the benefits of mind-body practices, and through the event's unfolding, provide an example of how the world can come together across racial, ethnic, religious, and geo-political borders to focus on personal and global health and healing.”

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**Here also is a World Tai Chi & Qigong Day YOU TUBE link you may enjoy...**

<https://www.youtube.com/watch?v=5Wunavawp58>

Blessings,

Sheila Leonard, PBVM

Accredited T'ai Chi Chih Teacher

Wisdom Healing Qigong Practitioner and Teacher in Training

*"Don't ask yourself what the world needs;  
ask yourself what makes you come alive. And go do that.  
Because what the world needs is people who have come alive"  
- Howard Thurman*