

World Tai Chi & Qigong Day

In Lewes, Delaware

Saturday, April 29, 2023

Silver Lotus Training Institute and the Lewes Senior Activity Center invite you to join in this global health and healing celebration.

On the last Saturday of April each year at 10 am, hundreds of thousands of people in hundreds of cities, in over 80 nations, come together... to breathe together... to provide the world a healing image of our planet and our people. The event begins in New Zealand and spreads, time zone by time, across the globe. This creates a "Healing Wave" to promote calm and worldwide wellness.

Be a part of World Tai Chi & Qigong Day 2023. Starting at 10 a.m., we will practice and demonstrate a variety of different Tai Chi and Qigong forms. Participate with us, or just come to watch and learn about these powerful health practices.



When: Saturday, April 29, 2023
10:00 a.m. (come a little early). Held rain or shine.

Where: Lewes Senior Activity Center
32083 Janice Rd.
Lewes, DE 19958

Who: Everyone! No previous experience necessary. Participate or just watch.

What: Demonstrations, practice, information sharing.

Cost: FREE!

More info: Please visit SilverLotusTrainingInstitute.com

On the last Saturday of April each year, the entire world is invited to move together... to breathe together.

One World ... One Breath ...