

# World Tai Chi & Qigong Day

In Lewes, Delaware  
Saturday, April 26, 2025

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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 2025. 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. A streaming link will be posted on our website.



**When:** Saturday, April 26, 2025  
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:** Practice, demonstrations, community building.

**Cost:** Free. Voluntary donations to LSAC appreciated.

**More info:** Please visit [SilverLotusTrainingInstitute.com](http://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 ...**