



# World Tai Chi & Qigong Day

At Meadowlark Botanical Gardens — Vienna, VA

Saturday, April 28, 2018

**When:** April 28, 2018 starting at 10am and ending around 1:30pm

**Where:** Meadowlark Botanical Gardens  
9750 Meadowlark Gardens Ct.  
Vienna, VA 22182

**Cost:** **FREE!!!**

**Rain:** If it is raining, the event will be cancelled.

**Eating:** A buffet, potluck lunch is served around 12:30pm. If you would like to stay for the potluck, please bring a dish and an index card listing the ingredients for those with dietary concerns.

### For more information:

justbreathetaichi.com  
peaceabledragon.org  
worldtaichiday.org  
facebook.com/MeadowlarkGardens

### Schedule:

10am	Demonstrations
11am	First mini-class session
11:30am	Second mini-class session
Noon	Third mini-class session
12:30pm	Potluck lunch



## FREE! Demonstrations, Mini-Classes, Healing Garden and More!

On the last Saturday of April each year at 10 am, tens of thousands, in 100s of cities, spanning 80 nations, join together to celebrate World Tai Chi & Qigong Day. Come be a part of this global event.

Peaceable Dragon and Meadowlark Botanical Gardens invite you to watch demonstrations of various forms of internal arts including Taijiquan (Tai Chi) and Qigong (Chi Kung). Following the demonstrations, you may participate in mini-classes taught by some of the area's leading instructors from a variety of schools and disciplines. Also, visit our "Healing Garden" and explore Chinese Medicine, Massage, Reiki and other types of wellness therapies. Come and join the fun!

Peaceable Dragon is a community of instructors and students of Qigong, Taijiquan, Yoga, Aikido, Reiki and other internal arts, who share a desire to improve their physical, mental and spiritual health.



Peaceable Dragon