



World Tai Chi & Qigong Day

At Meadowlark Botanical Gardens — Vienna, VA
Saturday, April 27, 2019

When: April 27, 2019 starting at 10 am and ending around 1:30 pm

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 12:30 pm. 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:

peaceabledragon.org
worldtaichiday.org
facebook.com/MeadowlarkGardens

Schedule:

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



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

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.

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). Watch inspiring demonstrations, participate in mini-classes taught by some of the area's leading instructors from a variety of schools and disciplines, and visit our "Healing Garden" to explore a variety of wellness practices which may include Chinese Medicine, Massage, Reiki, Brain Wave Therapy and more.

Come be a part of this global event.

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



Peaceable Dragon