



World Tai Chi Day

Saturday 27th April



10am in field at end of Clematis Close just off Bracken Road, YO25 6XQ

You are invited to celebrate World Tai Chi Day by doing our Tai Chi outside

All over the world at 10am local time people perform Tai Chi and Qigong outside in parks, beaches etc. It is a totally different feeling to doing Tai Chi in a room and much healthier.

Dress for the weather, come rain or shine (or snow!)

We will do our normal routines and maybe try some new?
We will finish about 11am or later if you want to stay on for more

Feel free to bring a chair to have a sit down if needed

