

## Press Release



Australia

### World Tai Chi and Qigong Day.

Saturday 24th April at 10.00 am worldwide – 2010

#### Adelaide - Australia



Australia

World Tai Chi and Qigong Day is now in its 12<sup>th</sup> year and officially recognized by the **United Nations World Health Organization**. It is a special day to educate the community and the world to the wonders of Tai Chi – an ancient Chinese martial art now widely practiced for health, well-being and fitness.

Recent research has shown that Tai Chi is beneficial for cardio-respiratory function, peripheral circulation, immune capacity, mental control, flexibility and balance. It also improves muscle strength and reduces tension and anxiety. Qi Gong is Chinese health exercises, also known as Chi Kung & Chinese Yoga, is more achievable & easier than Tai Chi.

On Saturday, 24th April tens of thousands of enthusiasts all over the world will again celebrate this annual event. They will assemble in public places, parks, town squares, plazas and stadiums for mass exhibitions of Tai Chi and Qigong.

**Beginning in New Zealand and Australia at 10.00 am** this event will spread time zone by time zone across the globe through 60 countries and across 6 continents .... This healing wave will be a spectacular visual sight, promoting calm and wellness worldwide.

#### World Tai Chi and Qigong Day will be celebrated in Adelaide.

**Adelaide venue** will be at South Tce Parklands. Near Pultney Street & Himeji Gardens. starting at **10.00 am on Saturday 24th April.**

**Wet Weather** - Raining? No Problem –

**Adelaide** :go to **Deaf SA Hall** across the road at **262 South Tce.**

**All current and previous Qi Gong & Tai Chi students are most welcome.**

If you have not yet tried Qi Gong ( Chi Kung) or Tai Chi please come along and join us for **World Tai Chi and Qigong Day.**

**For more information please contact: Mr Allan Kelson:**

- Australian Representative & Deputy – **Secretary General** of the
- **World Academic Society of Medical Qi Gong** (WASMQ), China.
- Foundation Member, Tai Chi Association (TCAA)
- AKWF Chairman (S.A.)
- Chief Coach of the **Tai Chi & Chi Kung Institute of Australia.**
- International Tai Chi & Wu Shu Judge (China).
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**For more information please contact: Jennifer Bould: Vice - President of the Tai Chi Association of Australia (TCAA) 2009 – 2010**

Tel. 8371-2488 or email [office@taichi.com.au](mailto:office@taichi.com.au)

**Website:** [www.taichi.com.au](http://www.taichi.com.au) or [www.qigong.com.au](http://www.qigong.com.au)



**Photo:** Tai Chi-Qi Gong students lead by Adelaide's Master Allan Kelson at **Adelaide's** South Tce Parklands near the Himeji Gardens.



**Photo:** Tai Chi - Qi Gong students practicing at **Angaston's** Memorial gardens.





## EXTRA Information

World Tai Chi & Qigong Day supports the work of researchers, teachers, providing free information to people worldwide and although is not affiliated with any particular Tai Chi or Qigong school or association works to support all their efforts, and to help individuals connect with local teachers. All services are free to the public and listings by schools/teachers and organizations worldwide are free as well.

Past media coverage of World Tai Chi & Qigong Day's global events and work, in previous years has included: The New York Times; The South China Morning Post; BBC World Radio; Omsk Weekly News (Russia); Parade Magazine; USA Weekend; International Herald Tribune; CNN; FOX News; and media worldwide.

Recent research indicates Tai Chi can effectively treat ADD (Attention Deficit Disorder), High Blood Pressure, Anxiety, Depression, Chronic Pain, and provide effective adjunct therapy for nearly any condition.

World Tai Chi & Qigong Day's ultimate goal is to help healthcare, education, corporate wellness, penal and drug rehabilitation institutions, etc. understand that most of the problems facing society can best be treated . . . not after they occur . . . but before they ever happen.

**Australian Events** – Adelaide go to the Tai chi website : [www.taichi.com.au](http://www.taichi.com.au)

**International events go the website** [www.worldtaichiday.org](http://www.worldtaichiday.org)