

World T'ai-Chi Day

April 24th, 2004 at 10:00

World T'ai Chi and Ch'i Kung Day will be Held at Riverside Community College Huntley Gymnasium. There will be Group Exercise starting at 10:00 AM.

T'ai-Chi Ch'uan (taijiquan) is a classical Chinese exercise, an Internal form of Kung-fu used to improve health, balance and reduce stress. It is often called "Moving Meditation".

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*Riverside Community College "Young at Heart"
T'ai Chi Ch'uan Classes 222-8000

*UC Riverside T'ai-Chi Ch'uan Club

*LLU Drayson Center T'ai-chi Club

Free to the Public.

Call For Information: 222-8000



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Ch'i Kung Day 4/24/04