



# World Tai Chi & Qigong Day

At Meadowlark Botanical Gardens

April 24, 2010

**When:** April 24, 2010 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 describing its name and the ingredients.

**For more information:**

[www.peaceabledragon.org](http://www.peaceabledragon.org)  
[www.nvrpa.org/meadowlark.html](http://www.nvrpa.org/meadowlark.html)  
[www.worldtaichiday.org](http://www.worldtaichiday.org)

**Schedule:**

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



Peaceable Dragon and Meadowlark Botanical Gardens invite you to watch demonstrations of Taijiquan (Tai Chi), Qigong (Chi Kung) and Yoga. You may also participate in mini-classes taught by some of the areas leading instructors from a variety of schools. World Tai Chi and Qigong Day is being celebrated in over 60 nations and is recognized by the United Nations World Health Organization.

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

Come and join the fun!



Peaceable Dragon