



World Tai Chi & Qigong Day 2010

Celebrating its 12th year, more than 100,000 students and teachers join together for World Tai Chi & Qigong Day in over 60 countries. World Tai Chi & Qigong Day was created to raise public awareness of the healing benefits regular Tai Chi and Qigong practice can deliver. Please join us for a fun, interactive introduction to these wonderful conditioning and healing arts.

Location: Unity Church of Dallas – Morning session in Sanctuary / Afternoon session in Fellowship Hall

6525 Forest Lane, Dallas, Texas 75230

Date / Time: Saturday April 24th from 10 am to Noon (doors open at 9:30 am)

Event Coordinator – Sifu Chris Bouguyon – (214) 476-1721 / Chris@SimplyAware.com

Dallas World Tai Chi & Qigong Day Agenda

This year's focus - “Finding your Inner Joy with Tai Chi and Qigong”

with our special guest – Vicki Dello Joio, Qigong Teacher and Author of “The Way of Joy”

9:30 am – Doors open – Morning session will be held in the Sanctuary

10:00 am – Sifu Chris Bouguyon - Welcome Guests / Overview of World Tai Chi & Qigong Day / The roots of Smiling Heart Energy in Tai Chi / Qigong / Interactive Qigong techniques

10:45 am – Fayne Bouguyon - Discussion of spiritual and emotional health. Living a life with purpose / interactive sharing of Qigong techniques

11:15 am – Vicki Dello Joio - Sharing concepts and Qigong techniques from her book, “The Way of Joy”

11:55 am – 2010 World Tai Chi & Qigong Day Group Picture

Noon - Morning session ends – break for lunch / prepare for afternoon workshop with Vicki

Preregister at SimplyAware.com for a powerful **Qigong Workshop** presented by Vicki Dello Joio - 2 pm to 5 pm

<<< NEW DIRECTIONS FOR THIS YEAR! >>>

From Central Expressway (Highway 75): Exit at Forest Lane and turn West (left from South and right from North). Continue under freeway on Forest Ln to Hillcrest. Just past the light at Hillcrest you will see Unity Church of Dallas, turn right into the parking lot and follow our signs at the main entrance.

From I-635 (Lyndon B. Johnson Freeway): Exit Hillcrest Road and turn South (left if coming from East and right if coming from West). Continue South on Hillcrest to Forest Lane. Turn West (right) and continue on Forest. Turn right into the Unity Church of Dallas parking lot and follow our signs at the main entrance.

