

World "Healing" Day

World Tai Chi and Qi Gong Day, renamed World "Healing" Day this year for our local community, occurs every year with tens of thousands worldwide sharing a common vision of hope and healing for our planet and her people. These thousands ultimately come together annually on the same day and time to organize events in over 80 nations.

This year, in addition to practicing qi gong and Yang-style t'ai chi, we are proud to offer various yoga formats and a "Flexibility Without Stretching" session (based on The Feldenkrais Method.) All peoples, whether beginners, experts, or simply curious of these arts and practices, are welcome! Bring your friends and family to enjoy a morning of community and peace.

Be sure to wear comfortable clothing, shoes, and bring water to be well prepared for the morning.



TRIANGLE ACUPUNCTURE
CLINIC

Location: Chapel Hill-Carrboro YMCA

980 MLK Jr. Blvd., Chapel Hill, NC 27514

Time: Saturday, April 27th 9am-12pm

Contact: Louise Keefer louise.keefer@ymcatriangle.org
& Danny Lopez danny@triangleacupunctureclinic.com



#worldhealingday