

World "Healing" Day

Thank you for joining us this morning as we, and hundreds of thousands of others across the globe, come together to celebrate Chinese culture, wellness, and community.

Our morning agenda will consist of the following segments with brief breaks in between each to drink water, mingle, and build new relationships:

- 8:15-8:55 Y'in Yoga with Brandee
- 9:00-9:30 Energizing Qi Gong with Danny Lopez, L.Ac.
- 9:30-10:45 Yoga with Mark
- 9:35-10:10 8-Move Simplified Yang Style YMCA: Moving for Better Balance form
- 10:10-10:35 37-Move Yang-Style T'ai Chi Chuan form (as taught by Ch'eng Man Ch'ing)
- 10:40-11:20 Flexibility without Stretching based on the Feldenkrais Method
- 11:30-12:15 Power Yoga with Sam



#worldhealingday