

www.ChangingDragon.com



Join us on Saturday, April 30
9:30 a.m. - Noon
at **The Changing Dragon** for
World Tai Chi & Qigong Day

Annual healing event that
has quietly spread
across the planet.



**FREE
ADMISSION**

and Tai Chi Introductory Class

World Tai Chi & Qigong Day begins at **10 a.m.** with groups in New Zealand, and then quietly spreads time zone by time zone across the globe, to finish with the final events in Hawaii. Enjoy this special day of calmness and energy with us at the AMAC.

FREE MORNING SESSIONS

- 9:30-10:00 Deep Breathing & Relaxation Exercises (stress management)
- 10:00-10:30 World Tai Chi Day & Qigong Sharing**
- 10:30-11:00 Qigong Exercises (focus, balance, energy)
- 11:00-11:30 Yi-Jin-Jing (1500 year-old health energy form)
- 11:30-12:00 Partner Push Hands, Weapons Demo and Questions

See for yourself how much fun you'll have and how great you'll feel taking classes at The Changing Dragon.

Located in the Auburn Martial Arts Center
(behind Kroger, 1013 W. 7th, Auburn)

Enrollment Special ~ Saturday, April 30

**BUY ONE MONTH
GET SECOND MONTH FREE**

Enrollment offer valid until April 30, 2011. New memberships only. With first month class fee and a one-time membership (which includes a class logo training shirt) entitles bearer second full month of classes free.

Classes every Mon. & Wed. 6:00-7:30 p.m., Sat. 9:30-11:00 a.m