

# VIP PASS

BUY ONE MONTH  
GET SECOND MONTH

# FREE



[www.ChangingDragon.com](http://www.ChangingDragon.com)

Enrollment offer valid until April 25, 2009. 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. 9:00-11:00 a.m.

Join us on Saturday, April 25, 9 a.m.-Noon  
at **The Changing Dragon** for

## World Tai Chi & Qigong Day

**FREE  
Admission**



Annual healing event  
that has quietly spread  
across the planet.

## 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. By creating a healing wave of calm around the planet, World Tai Chi and Qigong Day paints a vision of possibility for humanity each year. World Tai Chi & Qigong Day events have been recognized by the United Nations World Health Organization for participation in their "Move for Health" movement.

### Free Morning Sessions

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