

What is World T'ai Chi & Qigong Day?

World T'ai Chi & Qigong Day is a global volunteer effort unlike the world has ever seen. Tens of thousands of individuals who have experienced the healing benefits of T'ai Chi & Qigong health science, will come out to demonstrate these health tools in public places in cities and towns worldwide on April 8th, 2000, 10 am local time worldwide.

Like a soothing T'ai Chi movement, this event will begin in Australia, and unfold across the globe time zone by time zone to span every continent and end in the last time zone of Hawaii.

Why?

The direction of Global health care is heavily influenced by pharmaceutical advertising and research dollars. Therefore **the profound possibilities of T'ai Chi & Qigong are largely ignored, even though their use portends the savings of trillions of dollars worldwide.** Therefore those who know this are forced to take this issue to the streets of the world. The first annual event in 1999, although overshadowed by the war in Europe, was vastly successful, bringing out 700 people to exhibit T'ai Chi in downtown Hong Kong, as 400 people in downtown Tel Aviv did T'ai Chi, and 500 in Los Angeles, joined by thousands more in cities spanning 6 continents.



HONG KONG — 700 T'ai Chi Exhibitioners

Why are tens of thousands of volunteers staging a global health revolution in the streets of the world on April 8th, 2000?

Because too many in the health care profession are virtually ignoring a profound health science that can, according to emerging research, end our health care crisis worldwide!

Emerging research by Kaiser Permanente, Johns Hopkins, Harvard, and Emory Universities indicates that T'ai Chi and Qigong may save our nation billions, if not hundreds of billions, and conceivably trillions worldwide.



World T'ai Chi & Qigong Day

held the Saturday after United Nations World Health Day, each year!

The UN World Health Organization warns of a global epidemic of stress induced depression. Research indicates that T'ai Chi and Qigong practice can lower the incidence of anxiety, depression, & mood disturbance safely.

With two billion spent annually on Prozac alone, and over 5 million U.S. children using Ritalin, it is time to reevaluate healthcare.