



Join Us for this World-wide 2025 Special Event!

# World Tai Chi & Qigong Day!

Join in this day of healing with over 80 nations around the world!



**Saturday, April 26th 10:00 – 11:00am**

World Tai Chi & Qigong Day is held each year in over 80 nations on the last Saturday of April each year, this year being on April 26<sup>th</sup>, at 10 am local time all over the world. It begins with mass Tai Chi, Qigong, and Mind Body events in the earliest time zones of New Zealand, and then spreads as the world turns, 10 am local time worldwide, ending with final events in Hawaii (USA).

Join in on this wave of healing taking place around the world through the highly effective and profoundly beneficial health activity called Tai Chi. Harvard researcher and author of "The Relaxation Response" Dr. Herbert Benson, explains how Mind-Body practices like Tai Chi and Qigong more effectively treat 60-90% of health issues than drug or surgical therapies. Tai Chi's artful beauty can make us forget that it is one of the most highly evolved health technologies on Earth! Tai Chi's mindful quality incorporates the mind and body into a powerful healing force by using breath, meditation or intention, and movement.

Celebrate your health while joining in on this special day of world-wide energetic connection. Enjoy a guided class with easy to learn basic movements, guided breathwork, and meditation to improve your own personal wellness while enjoying this therapeutic mind-body class. **FREE!**

**Class Size Limited** - please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in this free class. Come dressed in comfortable clothing and clean supportive footwear. Class open to anyone 12 and up.



Deborah Adams is an Entrepreneur, Thought Leader and Wellness Expert. Founder and CEO of The Wellness Spa, Inc. since 1994, co-owner Qi Garden Salt Spa, Water Dragon Inn overnight accommodations, and The Wellness School; Clinical Massage Therapy Training program and facility. She is a Master Qigong and Tai Chi Instructor and the author of "The Horse, The Dragon & The 10,000 Things" and holds certification programs to train others to become teachers of her method. Deborah uses her experience from 25+ years as a Licensed Massage Therapist, massage therapy instructor, personal trainer, dancer and Human Performance coach and brings her acquired knowledge into her keynote lectures, trainings, and retreats. To contact her visit [www.WellnessSpaResort.com](http://www.WellnessSpaResort.com)

**Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 [www.WellnessSpaResort.com](http://www.WellnessSpaResort.com)**