

World Tai Chi & Qigong Day **PRESS RELEASE**

" . . . grace, beauty and strength . . . Maybe we should have World Tai Chi and Qigong Day every week." **-- The International Herald Tribune**



**World Tai Chi & Qigong Day Announces
2008 10th Anniversary Event Worldwide**

Hundreds of cities, All 50 US States - April 26, 2008 -

*"World Tai Chi and Qigong Day, takes place [the last Saturday of April]
. . . To learn more . . . go online to worldtaichiday.org."*

-- USA Weekend

PRESS RELEASE: World Tai Chi & Qigong Day, a Spectacular Global Health & Healing Event in 60 nations and all 50 US States

WHEN? Saturday, April 26th, 2008, 10 am local time worldwide.

WHAT? Beginning in the earliest time zones of New Zealand mass Tai Chi & Qigong exhibitions/teach-ins

will unfold across the planet as the Earth turns, unfolding in hundreds of cities [on six continents](#).

The goal:

- To educate the world about the profound health benefits of Tai Chi & Qigong
- To provide an example of health & healing across the entire planet, bringing people together across racial, economic, religious, and geo-political boundaries. The motto of this event is "One World . . . One Breath"

The events are held in such diverse locations as (click for photos) [Russia](#); [Brasil](#); [Israel](#); Saudi Arabia; Nepal; [Italy](#); Japan; [South Africa](#); [China](#); [Germany](#); [Bolivia](#); [Paris](#); etc. etc. again, in hundreds of cities worldwide. View spectacular photos from events worldwide by [clicking here](#).

This global event has been officially recognized by the [UN World Health Organization](#), [Governors](#) of many US states, and by other official/govt. offices worldwide. It is posted in the "Health Observances Calendar" of the Office of Disease Prevention and Health Promotion of the U.S. Department of Health and Human Services:

<http://www.healthfinder.gov/library/nho/nho.asp>

This event has offered informational presentations to such auspicious gatherings as the national conference of The National Parkinson's Foundation, for the ALS Association (receiving the "[Lou Gerhig Hero Award](#)"), and the Founder of World Tai Chi & Qigong Day will present this year during World Tai Chi & Qigong Day at the Parkinson's Unity Walk in New York City's Central Park, not far from where the annual World Tai Chi & Qigong Day event in Central Park will be held.

World Tai Chi & Qigong Day, now in its 10th year in 2008, has also done presentations across the United States for people with Parkinson's Disease, as well as care givers. In the past such presentations were also done for meetings of caregivers in the field of Fibromyalgia care, and for the American Heart Association. World Tai Chi & Qigong Day's website offers a database, searchable by health issues, where anyone can look up medical research on Tai Chi or Qigong's possible benefits to their health condition: <http://www.worldtaichiday.org/WTCQDHlthBenft.html>

World Tai Chi & Qigong Day supports the work of researchers, teachers, providing free information to people worldwide and although is not affiliated with any particular Tai Chi or Qigong school or association works to support all their efforts, and to help individuals connect with local teachers. All services are free to the public, and listings by schools/teachers and organizations worldwide are free as well.

[Past media coverage](#) of World Tai Chi & Qigong Day's global events and work, in previous years has included: The New York Times; The South China Morning Post; BBC World Radio; Omsk Weekly News (Russia); Parade Magazine; USA Weekend; International Herald Tribune; CNN; FOX News; and media worldwide. [Click here](#), for Media Resources, including World Tai Chi & Qigong Day Press Releases (2008) in 18 languages, a powerpoint on the events history, etc.

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You can also find contacts for local events in hundreds of cities in all 50 US states, by contacting the above number.

Tai Chi & Qigong are Used in Healthcare, Corporate Wellness, Education, etc.

Recent research indicates Tai Chi can effectively treat ADD (Attention Deficit Disorder), High Blood Pressure, Anxiety, Depression, Chronic Pain, and provide effective adjunct therapy for nearly any condition.

A 20 year study by Kaiser Permanente found that between 70 to 85% of illness sending patients to their doctors . . . were CAUSED BY STRESS.

World Tai Chi & Qigong Day's ultimate goal is to help healthcare, education, corporate wellness, penal and drug rehabilitation institutions, etc. understand that most of the problems facing society can best be treated . . . not after they occur . . . but before they ever happen.

Tai Chi & Qigong will eventually be part of every grammar school and high school education system, graduating a generation of mind/body health masters, and saving society trillions in annual healthcare, court, law enforcement, and penal costs.

About World Tai Chi & Qigong Day

World Tai Chi & Qigong Day began ten years ago, with a mass Tai Chi exhibition in Kansas City. The event was covered by international media, and the next year was held in 12 countries. Today it is celebrated in over 60 nations each year.

Beyond the global event World Tai Chi & Qigong Day provides free educational resources to business, healthcare, and educational institutions worldwide and has provided free consultation to conferences such as one by the National Council on the Aging.