

World Tai Chi & Qigong Day to Take Place Saturday, April 30

Editorial Staff | DIGITAL EXCLUSIVE

Originating in China centuries ago, *tai chi* - a system of physical exercises originally designed for self-defense and meditation - and *qigong* - a system of specific movements and breathing exercises performed in a meditative state - have grown to become two of the most popular forms of exercise in the world. They are practiced by tens of millions of people every day, and provide a variety of health benefits. Research has shown that *tai chi* and *qigong* not only help improve one's balance and muscle tone, but that they may strengthen the immune system, improve respiratory function and reduce stress.

To celebrate the effects *tai chi* and *qigong* have had on health and wellness, April 30 has been designated as "World *Tai Chi* and *Qigong* Day." Beginning at 10 a.m. in New Zealand, the event will spread across each time zone, eventually ending in Hawaii. Events will be held in more than 60 countries, including mass *tai chi* and *qigong* exhibitions, and demonstrations of each exercise by certified *tai chi* and *qigong* masters.

World *Tai Chi* & *Qigong* Day is traditionally celebrated on the last Saturday of each April. For more information, or to learn about a related event in your area, visit www.worldtaichiday.org.