



WORLD TAI CHI DAY  
SATURDAY 24TH APRIL, 2010

*Join the healing wave of mass Tai Chi & Qigong  
in hundreds of cities in 65 nations over 6 continents.*

You can start the celebrations on the Central Coast  
at 8.15 a.m. with Qigong and Tai Chi on the beach.

WHERE: WAMBERAL BEACH - lagoon end of beach  
entry to car park via Wiles Ave from Ocean View Rd.  
( ample parking amenities block and flat access to beach)

or join us at 10.00a.m. for Morning Tea at  
the Lantern Palace, Central Coast Hwy, Wamberal

10.30 a.m. Qigong and Tai Chi on the lawn

12.00 p.m. Concert & Banquet Lunch at Lantern Palace

COST: \$ 20.00 per person- bookings essential  
book and pay your Instructor or Sandra on 43882665.

DRESS: Can be an opportunity to wear your beautiful  
Chinese jackets etc. or wear your Academy shirt.