

ONE WORLD ONE BREATH

100s of Cities in Over 80 Nations participate in

World Tai Chi and Qigong Day (<http://www.worldtaichiday.org>)

Come and join us at Wynyard's Gutteridge Gardens

on Saturday 28th April from 9.30am to 10.30am

Beginners and more experienced people are all welcome

A FREE EVENT Sponsored by Waratah Wynyard Council

as part of the 2018 Wynyard Year of Wellbeing

The session will be led by experienced Qigong teacher

Jay McGough (www.zenjconnections.com)

***If weather is bad we will move to the Senior Citizens Centre-
corner Dodgin and Jackson St (please enter by side door)***

Enquiries phone Catherine Fernon

on 64 451 484 or email cafernon@gmail.com