

Invitation to.....



World Qi Gong Day Tai Chi

Yoga breathing & meditation

Botanic Gardens

Lagoon Street West Mackay

Saturday 30th April 2011

Register at 8 am for a 8:30am Start Finish 10 am

Everyone welcome

Tai Chi or Yoga experience not necessary

Wear cool loose clothing, walking shoes and bring a bottle of water.

This is a FREE global event to change the world forever.

Conducted by Yoga and Tai Chi registered Instructor
Members of Queensland Keep Fit Association Incorporated.

For more information

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