



**One World.....
..... One Breath!**



World Tai Chi & Qigong Day **Saturday 28th April 2018** **Chi Clinic & Friends at Nonsuch Park, Cheam, Surrey.**

Our 14th annual celebration of this special date in our Tai Chi & Qigong diaries started with rain overnight, lots of rain & as we arrived in the park it was still drizzling. Luckily it didn't last although the squelching underfoot & cold dampness did. However, it was World Tai Chi & Qigong Day & our sunny attitude plus meeting with friends, students & instructors from far & wide, who are as dedicated or as mad as we are, made for a really good morning of practice & sharing in this wonderfully beautiful park, surrounded by trees, birds singing & our smiling Qi lighting up the day.

We started with Tony reading the Opening message from the founders, Bill & Angela in the USA to connect with the Healing Qi already created in other parts of the world. Vicky took everyone through some Warm Ups & Health Qigong Ba Duan Jin (8 Treasures/Brocade). Tony guided everyone in a Healing Circle to connect with the Qi, send to those less fortunate & then to take for ourselves. Mass Tai Chi 24 Forms was practiced three times to the traditional music which everyone enjoyed, then we split into smaller groups for learning as follows.

- Alison Turner (Brendoncare Club, Gosport, Hants) - Tai Chi Qigong 18 Forms
- Kai Cheong (Shui Tai Chi) - Beijing 10 Step Tai Chi
- James Norman (Chi Clinic) - Health Qigong Six Healing Sounds
- Cherry Collins (Surrey & Hants Tai Chi) - Wudang Daoyin Qigong
- Vicky Ahern-Hardiman (Chi Clinic) - Health Qigong Six Healing Sounds & Yi Jin Jing
- Peter Ling (Energy Arts, Wu Style Tai Chi) - Three Circles in Tai Chi
- Steve Goulding (Chi @ Chi, West Sussex) - Tai Chi 24 Forms
- Tony Hardiman & James Norman (Chi Clinic) - Martial Applications

After this, we finished this years event by each practicing & demonstrating our own forms & styles we've been learning which included Yang Style Sword form by Alison & the Brendoncare Club (25 members travelled from Gosport on a minibus to enjoy the day with us) plus two of their members showed us their Phoenix in the Graceful Clouds of Blessing. Yang Style Sword by Kai & Kevin. Taiji Kung Fu Fan, Daoyin 12 Steps by Team Chi Clinic (Vicky, James, Anne & Kai).