



Tai Chi Qigong Association of America

美国太极健身气功协会

<http://ustaichiqigong.org>

To promote Tai Chi and Health Qigong, the Tai Chi Qigong Association of America (TCQGAA) will hold free Tai Chi and Qigong activities, for the community, every three months. This time instructor Lin Chong will explain “Three In One” (coordination of body, mind and breathing) first. Then instructors Ada Kong and Changron Sun will introduce and lead us to experience one of the master Zhang, Guangde’s Qigong exercises and Chen Style Tai Chi. Everyone is welcome!

为了推广太极与健身气功，美国太极健身气功协会每个季度将面向社区举办公益活动。本次活动将由庄莲芝老师讲解身心息三调和一，Ada及孙畅荣老师介绍并引领大家体验张广德的舒肝利胆养生功及陈氏太极拳。欢迎大家踊跃参加！

时间： 1:00pm-3:00pm 4/1/2018

地点： 227 Michael Drive, Syosset, NY

