

You Are Invited

You are cordially Invited to celebrate and participate in the **World Tai Chi & Qigong Day** to be hosted by Eastern Medicine I-Ching Acupuncture Clinic, PLLC and Che Family Foundation. Join us for a day of harmony, health, and global connection as we celebrate this worldwide event along with over 80 countries dedicated to promoting wellness, peace, and the ancient arts of Tai Chi and Qigong.

✦ Experience Tai Chi and Qigong demonstrations, participate in group practice, and connect with a global community dedicated to health and well-being.



Event Description

World Tai Chi Qigong Day was initiated in 1999 and was recognized by the World Health Organization (WHO) that same year.

Since then, it has been celebrated annually in thousands of cities across more than 80 countries. In Washington State, Governor Jay Inslee signed a proclamation in 2023 in support of this global event.

The Harvard Medical School Guide to Tai Chi (2013) has documented the scientific credibility of these practices. In 2020 Tai Chi was added to the UNESCO Intangible Cultural Heritage of Humanity.

Following up in 2023, *The Harvard Medical School Guide to Taichi's* author, Professor Peter Wayne, co-chaired the First International Conference on the Science of Tai Chi and Qigong as Whole-Person Health at Harvard Medical School and Brigham and Women's Hospital. This event brought together experts and researchers from around the world to explore the profound impact of Tai Chi and Qigong on health and well-being.

Additionally, Taichi will be included in the 2026 Youth Olympic Games, making a significant milestone in its global recognition. In August 2023, the World Peace Federation created a Taichi promotional/publicity/campaign video inspired by the special cases from the Seminar titled "Maintain Campus Security and Protecting Student Safety", held at Bellevue Library, in the state of Washington. For related details please check this website. WHO defines health as "not merely the absence of disease or disability, but a state of complete physical, mental, and social well-being," this event aligns perfectly with that vision, fostering holistic wellness in our communities.

