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For more information, visit our website:

<https://tinyurl.com/2025WTCQD-WA>

Or email TaijiDay2025@outlook.com

Invitation for

World Taichi & Qigong Day 2026 Celebration



📅 April 25, 2026

📍 Location: KAMIAK High School (Gym)

10801 Harbour Pointe Blvd
Mukilteo, WA 98275

🕒 Time: 10:00am – 2:00pm

Co-chaired by Eastern Medicine
I-Ching Acupuncture Clinic, PLLC

Scan code to see the 2025 program



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

The **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, UNESCO added China's Taijiquan to the list of Intangible Cultural Heritage of Humanity. In November 2025, it set March 21st as the International Taijiquan Day.

In 2023, Prof. Peter Wayne, the author of *The Harvard Medical School Guide to Taichi*, 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. Dr. Xia Che and her team were given the honor to present their research on Implementation and Dissemination of Traditional Taiji to School-Aged Students (mental and spiritual health). The second Conference will be held at the same location from April 30 to May 1, 2026, where Dr. Che and her team will be honored by presenting their other research on Endangered Cultural Heritage of Zhang Sanfeng Daoist Health-Preserving Taiji with Integrative Oncology (physical health).

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 (WPF) (currently an NGO of UN), held a Seminar entitled "Maintain Campus Security and Protecting Student Safety", at Bellevue Library, in the state of Washington. Dr. Che presented their experiences about the effective implementation of Traditional Taiji at a juvenile justice center and PE-Taiji class at a public elementary school. Shortly after, WPF was inspired to create a special Taiji video, entitled "Youth Violence Prevention", for the purpose of promoting school campus safety. 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.

