

# World Tai Chi & Chi Gung Day



To Celebrate this event, Mr. Kottler will hold a **FREE**, outdoor Tai Chi class in the beautiful healing gardens adjacent to the Wellness Center and hospital.

Spectators and Tai Chi enthusiasts are welcome to join in the global health and healing celebration. Internationally, this event begins in New Zealand and will spread time zone by time zone across the globe, through 60 countries and across 6 continents. This creates a "Healing Wave" to promote calm and worldwide wellness.

Kottler's weekly Tai Chi classes: Tuesday 4:15-5:15pm & 5:15-6:15pm and on Thursday 4:15 - 5:15pm at the Sutter Lakeside Wellness Center. For more information on World Tai Chi and Chi Gung Day, visit [www.worldtaichiday.org](http://www.worldtaichiday.org) or call the Wellness Center at 707-262-5171.

Join Us!

Saturday

April 25, 2009

9:45am - 10:45am

Led by:  
Arch Kottler  
Tai Chi Instructor

*Tai Chi & Chi Gung (Chi Kung) are health technologies evolved over thousands of years of research in China, and are growing in popularity worldwide. They are used in hospitals, wellness centers, prisons, schools, and other institutions. Research has shown that Tai Chi & Chi Gung may reduce anxiety, depression and chronic pain conditions. These classes boost the immune system, improve respiratory and cardiovascular function, and burn calories. Both have also been proven valuable to dramatically improve balance, offer powerful stress management tools and slow aspects of the aging process.*



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