

Let Me Teach You Health Qigong - World Health Qigong Day

The first World Health Qigong Day will be held globally on August 13th, 2017, with more than 40 countries and regions across the five continents participating in it. The slogan of this year's World Health Qigong Day is "Let Me Teach You Health Qigong".

On that day, under the leadership and coordination of the IHQF, the member organizations of the IHQF will organize those Health Qigong enthusiasts to hold a series of activities at 10 am of their respective local time. Therefore, the activities will last for a whole day from the east hemisphere to the west hemisphere, constituting a picture in which the oriental and occidental cultures reflect and shine mutually. This year, Beijing and New York will be the main venues of the first World Health Qigong Day, with other places where other member organizations are located being the parallel venues. Choose a place with distinctive importance to build platforms for the Health Qigong enthusiasts to showcase their vitality, and attract more young people, white collars and sports fans to participate in Health Qigong.

At the last executive board meeting of International Health Qigong Federation (IHQF) 2016, I proposed the idea of having a designated day to celebrate Health Qigong and share the practice globally in different parts of the world. The proposal was immediately supported by a number of association leaders.

Well, we are delighted to let you know that the IHQF has officially announced that the first World Health Qigong Day will be 13th August 2017!

More than 40 countries and regions across the five continents participating in it. The slogan of this year's World Health Qigong Day is ***Let Me Teach You Health Qigong***.

We are inviting all BHQA instructors to participate in some Health Qigong activities in your local area any time from dawn to dusk. It can be a private practice in your back garden to a large group practice in well known landmark. On that day, we will be connected in Qigong regardless locations and countries!

We will design a BHQA flyer for the day by end of this week which you may download and promote in your area. We will be appreciate if you can drop us a line to confirm your participation in this co-ordinated event. We may even stand a chance to be the best organised association amongst the all participating countries!

Look forward to hearing from you!

Faye & Tary Yip

BHQA