

## 26th of April 2025: World Tai Chi and Qigong Day in the Eifel.

**YOU ARE INVITED!** to an historic event unveiling on the premisses of the Stiftsberg Bildungs- und Freizeitzentrum in Kyllburg. For the first time the World Tai Chi and Qigong Day (WTCQD) will take place in the Eifel. Tai Chi and Qigong enthusiasts can join the teach-in being held from 13.30 to 16:30 hrs. Anyone else interested in taking part, or trying out is welcome to do so. There are no particular requirements. In the course of the afternoon participants will experience the mindful movement so characteristic of both Qigong and Tai Chi: slow, meditative, relaxing and at the same time effectively supporting your health.

**Sarah Washington** (Tai Chi) and **Olivier Rijcken** (Zhineng Qigong) will lead the practice. By joining, participants will be part of the WTCQD. Hundreds of organisers in over 80 nations, hold events on this very saturday all around the world. The global motto is „One World ... One Breath“ and it will allow people to experience the practice and also introduce them to emerging medical research that shows that these ancient Chinese health exercises can help prevent or treat most common health issues.

Tai Chi and Qigong (Chi Kung) are health technologies evolved over several thousand years of research in China and now growing in popularity worldwide. They are used in hospitals, business, prisons, schools, and other institutions. Tai Chi and Qigong have been shown in research to reduce anxiety, depression, chronic pain conditions. They boost the immune system, improve respiratory function, burn calories, dramatically improve balance, provide cardiovascular benefit, provide powerful stress management tools, and slow aspects of the aging process.

**Sarah Washington** has been involved in Chinese Martial Arts and health practices since her teens. She specialised in Tai Chi and taught for 15 years in London. Having moved into the Mosel 17 years ago she continued to expand her practice with several Chinese Masters. Her wish is to open up this ancient Chinese knowledge to more people by both practice and research.

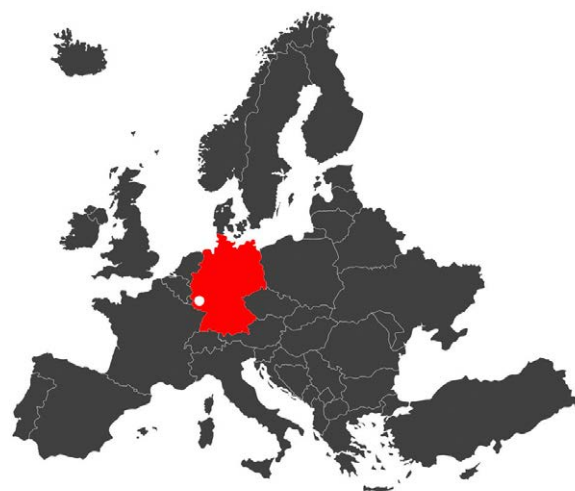
**Olivier Rijcken** has practiced Qigong since 2019. Since 2022 he has been a teacher, recognised by the Zhineng Qigong Verein Deutschland e.V.. He lives in Kyllburg and teaches at VHS Bitburgerland. Olivier: „For me, Qigong is a way of getting closer to myself, becoming calmer.and staying mentally and physically healthy. I would like to invite interested people to join in“.

### Practical details:

- Please register in advance by sending an email to [hello@olivierrijcken.nl](mailto:hello@olivierrijcken.nl)
- Participants are asked to make a minimum donation of €15 to cover costs and Kaffee & Kuchen
- Location:Stiftsberg Bildungs- and Freizeitzentrum  
Auf dem Stift 6, 54655 Kyllburg  
[www.stiftsberg.de](http://www.stiftsberg.de)
- 26th of April 2025 from 13.30 till 16.30 hrs.

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- For further infos (and press) Olivier Rijcken 0160 - 96230333



[qi-for-life.org](http://qi-for-life.org)