



Students, Families & Friends Are Warmly Invited

Annual Lunch & Tai Chi Workshop

hosted by

SCHOOL OF YIMUTOLOGY
INTERNATIONAL TAI CHI CENTER



When: Sunday, Sep 13, 2026, 11:00am to 1:30pm
Optional Tea Party: 1:30pm to 2:30pm

Where: Lucie Stern Community Center—Community Room
1305 Middlefield Rd, Palo Alto, CA 94301

Featuring

- Intention to Qi Workshop (Part 2)
Special guest speaker: Dr. Samson Cheung
- Buffet Lunch
- Student Tai Chi Demonstration
- Optional Tea Party
Bring a healthy dish/dessert to share (10 servings)

LUNCH COSTS:
\$25 PER PERSON
CHILDREN 6-13: \$15
CHILDREN 5 & UNDER: FREE

WORKSHOP & TEA PARTY:
FREE



Scan the QR code to RSVP



E-mail: donnataichi@gmail.com
InternationalTaiChiCenter.com



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Annual Picnic & Tai Chi Workshop

Program Agenda:

11:00 AM – 11:15 AM
Welcome and Arrival

11:15 AM – 12:00 PM
Intention to Qi Workshop – Part 2

12:00 – 1:00 PM
Buffet Lunch

1:00 – 1:20 PM
Student Tai Chi Demonstration

1:20 – 1:30 PM
Cleanup

1:30 PM – 2:20 PM (Optional)
Tea Party
Relax with tea sampling, please bring a healthy dessert to share
(about 10 servings). Seating is limited

2:20 – 2:30 PM
Closing

Special Guest Speaker:

Dr. Samson Cheung,
Licensed Acupuncturist
Founder of School of Yimutology

Come curious. Leave inspired.

ITCC Living Wisdom

Workshop Series:

Transforming Intention to Qi

Part Two

- Build inner strength with intention
- Transforming tension into calm, positive energy
- Release negative energy patterns
- Maintain vibrant, lasting energy

Scan the QR code to RSVP

