



***For more Information, Please Contact:
Keep Sedona Beautiful, Inc. (928) 282-4938***

**Margaret Zhao, Award Winning Author and Teacher of Taoist Qigong
Featured at KSB Speaker Series on Wednesday, May 20, 2026**

Keep Sedona Beautiful will hold its next Preserving the Wonder™ Speaker Series event on Wednesday, May 20 at 5:00 pm at KSB's EcoHub, 360 Brewer Road, Sedona. This month's speaker is Margaret Zhao, award winning author and teacher of Taoist Qigong. Her topic is "Harmony in motion: Qigong in the Keep Sedona Beautiful Garden." The event is free and open to the public. Carpooling is encouraged. Doors open at 4:30 pm. Please visit the KSB website, www.keepsedonabeautiful.org for details.

Margaret's presentation will have both indoor and outdoor components. She will start indoors with a discussion of how to experience nature from a Chinese perspective, aligning with nature's 5 basic elements to thrive in life, and how to apply ancient wisdom to balance body, mind, home & surroundings. The group will then move into the KSB garden to put some of these principals into action.

Margaret Zhao is an award-winning author, acclaimed standup comedienne, renowned motivational speaker and teacher of Taoist Qigong. Weaving together humor, art, and profound knowledge, Margaret creates her unique way of teaching Qigong and Self-Healing Therapy that inspires and benefits students of all ages in a fun, unforgettable way.

The Preserving the Wonder Speaker series is held on the third Wednesday of each month. For over 50 years, Keep Sedona Beautiful has been dedicated to protecting and enhancing the scenic beauty and natural environment of Sedona and the Verde Valley. For more information about Keep Sedona Beautiful, please visit www.keepsedonabeautiful.org.