

Join us for a fantastic weekend of Tai Chi & Qigong!

20-22 MARCH 2020

Riverside Relaxation

Retreat

Reflect



maroochywaterfront.com.au

Only **\$470** - This is a complete package based on twin or double share in motel style rooms. Rooms have air con, linen, bar fridge & tea/coffee facilities.

** Non Tai Chi price \$310

*** single supplement add \$77

The conference is **fully catered**; breakfast, lunch and dinner plus morning and afternoon teas (*special diets are catered for but need to be pre-ordered*). There is also a swimming pool, river access, and shaded grassy areas.

There is also a hotel next door if you would like to socialise and have a drink after the evening sessions.

Limited places:- \$100 deposit to secure your place

1) **EFT** to Westpac New Farm
AUSCHI 034-065 130098

With your "name" and "Maroo-CHI"
And send confirmation email to
ozchi@ozemail.com.au

2) **Credit cards** Ph 3358 1955

3) **Cheque or cash** to your
instructor or mail to AATC-Qld, PO
Box 2475, Fortitude Valley 4006

Join us at our inaugural Maroochy (Maroo-CHI) River retreat on the beautiful Sunshine Coast.

With **SUNRISE** Qigong and Tai Chi plus **day and evening** sessions by the tranquil river and in the conference centre, this will be a place to unwind and rejuvenate. Pristine beaches are just a short drive away.

A unique opportunity to do and learn Tai Chi and Qigong in a relaxing environment with Senior Master Rod Ferguson as your guide. Rod has been a full-time professional Tai chi qigong teacher for 43 years, and will share practical techniques that can be used every day toward continued improvement in your wellbeing. Stretch your body, mind and heart in a mindful way, with joy and enthusiasm to let your spirit soar.



WWW.LIVINGCHI.COM.AU

1. COMPLETE RESIDENTIAL PACKAGE - includes all sessions and meals \$470

This is a complete package based on twin or double share in motel style rooms. Rooms have air con, linen, bar fridge & tea/coffee facilities. The conference is fully catered; breakfast, lunch and dinner plus morning and afternoon teas (special diets are catered for but need to be pre-ordered). *Single price extra \$77 (2 nights); Non Tai Chi price \$310*

Meals as below, with morning/ afternoon refreshments in between.

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Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Saturday	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Sunday	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

2. DAY VISITOR & WORKSHOP PRICES (no accommodation)

* **Complete day visitor Package** - \$385 includes all sessions and meals as per above.

* **Individual Day Prices**

Friday afternoon & evening sessions \$75

Saturday all day sunrise to evening \$185 (includes evening session)

Sunday sunrise & morning sessions \$125

* **Saturday Workshops 9.30am-6pm** – \$90

Includes:- morning and afternoon Tai Chi only - lunch and light refreshments

excludes:- sunrise session, breakfast, dinner, Saturday night entertainment)

BOOKING FORM

Name _____

Address _____

Address _____ Postcode _____

Phone (H) _____ Mobile _____

Email _____

Who is your instructor _____ Location _____ Level _____

Notes (eg full weekend, day, single supplement, non Tai Chi) _____

To pay:-

EFT to Westpac New Farm **AUSCHI 034-065 130098** - Put "*your name*" & "*Maroo-CHI*" as reference. Please send confirmation email to ozchi@ozemail.com.au.

2) Phone (07) 3358 1955 for credit card payment.

3) Post cheque or credit card to **AATC-Qld, PO Box 2475 Fortitude Valley 4006**

4) Pay direct to your instructor.



Maroo-CHI Timetable



All sessions will include easy to follow Tai Chi and Qigong exercise and theory sections. There will be a focus on "Mindfulness" and "Moving Meditation". How to perform the exercises will be explained so that you can get the most out of your own practice. Exercises will be chosen to suit all those that are attending so that you can work at your own level. We will start each day at sunrise with the amazing "Mindpower" and "Dayan - Wildgoose" Qigong. Through each day the popular Shibashi sets, Eight Treasures, Lotus and Tai Chi Qigong will all be explored. The large conference room (with river views) will be used as a back-up if there is wet weather.

Time	Description	Duration (hrs)
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FRIDAY 20th March		Sunset 5.58pm
If you have the morning free, come up and check out the local Sunshine Coast area.		
From 2pm	Check in & free time	
4.30pm - 5.45pm	Sunset Riverside Session	1hr 15mins
6.30pm	Dinner	
7.45pm - 9.00pm	Evening Sound Meditation in Conference Room	1hr 15mins
9.00pm ->	Social Time	

SATURDAY 21st March		Sunrise 5.51am ; Sunset 5.57pm
5.45am - 7.30am	Early Bird Sunrise Riverside Session	1hr 45mins
8.00am	Breakfast	
9.30am - 11.00am	Morning Training Session (a)	1hr 30mins
11.00am - 11.20am	Morning tea break	20mins
11.20am - 12.45pm	Morning Training Session (b)	1hr 25mins
1.00pm	Lunch	
Until 3.30pm	Free time	
Afternoon Tea available in conference room at 3pm		
3.30pm - 6.00pm	Afternoon Riverside Training (incl. Sunset)	2hrs 30mins
6.30pm	Dinner	
7.45pm - 8.45pm	Special Evening Performances with our GUEST musician/s	

SUNDAY 22nd March		Sunrise 5.52am
5.45am - 7.30am	Early Bird Riverside Session	1hr 45mins
8.00am	Breakfast	
<i>Please check out of rooms before this session</i>		
9.30am - 11.00am	Morning Training Session (a)	1hr 30mins
11.00am - 11.20am	Morning tea break	20mins
11.20am - 12.45pm	Morning Training Session (b)	1hr 25mins
1.00pm	Lunch	
2.00pm	Depart for home	