



# TAI CHI Workshop

**Presented by Master Rod Ferguson**  
**AATC National Chief Instructor**

*Rod has over 40 years full time teaching experience in Tai Chi and Qigong. He has trained and learned with many masters and health experts - both traditional and modern (scientific) - here and overseas.*

*Rod has distilled the essence of all these skills and techniques to be able to present you with the information you need to get the greatest benefit from your own practice. Join us to play and learn!*

## **SATURDAY 19<sup>th</sup> October 2019**

### **10:00am-12:30pm**

**– using selected techniques from Lotus, Tao Yin, Five Animals Qigong, and Lohan to understand and improve the benefits that you get from your Tai Chi and Qigong practise.**

**12:30pm–1:30pm LUNCH BREAK – Lunch will be provided for full day attendees**

### **1:30pm–4:00pm**

**TAI CHI FORM – We will use a variety of movements from the Tai Chi form, you don't need to know the whole Tai Chi form routine. Perfect for beginners and essential for long term practitioners to get back to the basics to build strong foundations.**

**VENUE:** Nth Bundaberg Progress Hall, Queen St

**COST:** \$70 For whole day  
\$30 for AM session  
\$45 for PM session

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## **SUNDAY 20<sup>th</sup> October 2019**

**9:30am-11:30am PARK PRACTISE....meet at the Chinese Garden, Nth Bundaberg Botanic Gardens.... Cost \$10**