

# TAI CHI & QIGONG

## FOR RELAXATION & HEALTH

*The ancient art exercise to improve the modern lifestyle!*

*Enjoy learning the relaxing exercises step by step each week and progress through from beginners, to intermediate then on to advanced. Friendly fully qualified & experienced instructor.*

### **NORTH BUNDABERG Progress Hall**

Queen Street

**Mondays** 6:00-8:00pm

Tai Chi Club

**Wednesday** 6:00pm-7:30pm

Beginners & Intermediate

### **MOORE PARK BEACH Community Hall**

Club Avenue

**Wednesday** 9:30am- 10:30am

Qigong & Tai Chi

### **Carlyle Gardens Retirement Village,**

Woongarra Scenic Drive, Bargara

**Tuesdays** 8:30am-9:30am

### **The Lakes Retirement Village,**

Mt Perry Rd. North Bundaberg

**Fridays** 9:30am-10:30am

### **Woodgate Beach Community Hall**

on the Esplanade next to Bowls Club

Tai Chi & Qigong

**4th Saturday** of each month

9:30am-11:30am

TERM 1 – 1st Feb to 31st Mar (9 wks)    TERM 2 – 19th Apr to 25th June

TERM 3 – 12th July to 17th Sept        TERM 4 – 4th Oct to 10th Dec

Check our website for updates, other events and much more (articles & stories, video & pictures etc)

## Australian Academy of Tai Chi & Qigong

Phone **4154 8677** or **0448 677 005**

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[www.youtube.com/user/LearnTaiChi](http://www.youtube.com/user/LearnTaiChi)

***"Enjoy Peaceful Tranquillity as You Exercise to Improve Your Lifestyle"***

***"We guarantee authentic Tai Chi taught by professionally trained instructors".***

***- Grandmaster Gary Khor, Founder.***

