

# 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.*

**New Beginners Welcome**

**Mondays 5.30pm**

**TOOWOOMBA  
Indoor Bowls Hall  
Annand St**

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

## Australian Academy of Tai Chi & Qigong

Phone 0438 952 429

**[www.livingchi.com.au](http://www.livingchi.com.au)**

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

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

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