

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

1st - 3rd April 2016

SUNNY & SHADY B & B RETREAT

Only **\$420** - This is a complete package based on 3 share in single beds in each en-suite duplex cabin. BYO linen or \$26 extra to get supplied. Couples can pay \$55 extra each to have twin share. (Non Tai Chi price \$270 plus extras as above)

The conference is **fully catered**; breakfast, lunch and dinner plus morning and afternoon teas as well as supper (special diets are catered for but need to be pre-ordered). You also have access to other activity spaces—high ropes, climbing wall, canoeing, shaded pool, volleyball and games areas.

“Alexandra Park conference centre is NARTA accredited, so you can rest assured our facilities are of the highest quality standard”.

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

- 1) **EFT** to Westpac New Farm AUSCHI 034-065 130098
With your name and “Alex Pk”
And send confirmation email to rod@livingchi.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



www.alexpark.com.au

9th Annual “Wreckreational Weekend with the Works”



Join us again at Alexandra Headlands on the beautiful Sunshine Coast.

With **SUNRISE** Qigong and Tai Chi on the beach and **SHADY** sessions by the Tranquil Lake, this will be a unique **BUSH** and **BEACH** retreat.

The Alexandra Park Conference Centre is set amongst 10 hectares of serene, native rainforest whilst being only a short 200 metre walk to a patrolled surf beach.

