TAI CHI WORKS

Tai Chi Qigong

HOPS

"Tai Chi is philosophy in motion, a comprehensive study of moving meditation"

Using selected exercises and techniques from the Academy's popular Shibashi sets and the Tai Chi form, Master Rod Ferguson will guide you through the centuries-old stress release and relaxation techniques of these heart calming and rejuvenating exercises. There will be a focus on the essential principles to reveal your perfect practice. You will find each aspect of the workshop easy to follow and you will be able to incorporate these skills into your own practice immediately.

"Sometimes it's the simplest changes that make the most profound advances in your practice of these healing arts" says Rod. "Tai Chi is not the destination, but the journey!"

At the International Symposium Master Yang said "One word from a Master can save you years of searching for the valuable keys to unlock the many levels of benefits obtainable".

"Tai chi training improved important parameters of quality of life, mood and confidence to perform exercise in patients with heart failure," said lead researcher Dr. Gloria Yeh, from the division of general medicine and primary care at Beth Israel Deaconess Medical Centre and an assistant professor of medicine at Harvard Medical School.
April 25, 2011, Archives of Internal Medicine

Master Rod Ferguson is National Director of Training with the Australian Academy of Tai Chi. A full time professional instructor since 1978, Rod has conducted Tai Chi and Qigong in Australia and overseas. Internationally acclaimed Rod has won many awards and honors, yet his teaching style is natural, and inspires students of all levels. Rod continues to learn and train under his mentor Grandmaster Gary Khor, founder of the Australian Academy of Tai Chi and Qigong.

Sunday 7th August 2pm- 4.30pm

Indoor Bowling Hall, Annand St Toowoomba

$49 or $45conc. - numbers limited please book now!

Please pay your instructor or post direct to the office. Phone **4633 1846 ah for more details**

Name .....

Address ..... Postcode .....

Phone number/s & time ..... (eg home/work 24hrs 2-8pm)

Class ..... (public, or AATC-area level current or previous)

☐ Payment details; .....(amount) ☐ - Cash ☐ - Cheque ☐ - Credit Card (details below)

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