

Australian Academy of Tai Chi and Qigong - Brisbane – Term 3 & 4 2021

Our unique methods of teaching Tai Chi Qigong use the mindful practice of taoist internal energy meditation. It is deeply restorative, regenerative and invigorating. Being kind to yourself (self-compassion) builds a resilience of mind and body. Applying Tai Chi principles of mindfulness for self-care and restoration provides you with perspectives and tools for managing stress and fatigue on physical, mental and emotional levels.

STAFFORD

Mondays 6.30pm Tai Chi all levels (incl Beginners) with Paul Robbins & Linde Chapman
Tuesdays 10.00am **Tai Chi Club** advanced students only with Master Rod & Paul Robbins

NEW FARM

Tuesdays 6.30pm Tai Chi all levels (incl Beginners) with Master Rod, Christine & Shirley

INDOOROPILLY

Wednesdays 6.00pm Tai Chi all levels (incl Beginners) with Anita Steinerts & Julian Scantlebury

PADDINGTON

Wednesdays 6.30pm Tai Chi all levels (including Beginners & Club) with Master Rod, Paul, Chris & Linde
7.30pm **Tai Chi Club Weapons Revision** (till 8.00pm) with Master Rod

MT GRAVATT

Thursdays 6.30pm Tai Chi all levels (incl Beginners) with Master Rod & Chris Smerdon

2021 TERM DATES:- Term 3 - July 12 until September 17 ~~~ Term 4 - October 4 until December 10

Beginners: You can join the class any week! You're welcome to come and try one lesson (**\$12**) without obligation **"Try Tai Chi with us you will feel the difference"** All classes include Qigong, joints, breathing & stretching exercises. **Intermediate:** levels of Khor Traditional Tai Chi Set. **Advanced:** Refinement & Club.

*** Beginners can try one lesson for \$12**

*** Casual lessons \$15 each (\$12 conc.)**

Tuition Fees 10 weeks	Full
Standard Fee	\$120
Concession	\$110
Child 16 & under	\$90
Multiple lesson course	\$30 extra
Club weapons	\$30 extra

TAI CHI CLUB

A special 1 hour class, for students who have completed the Khor Tai Chi 1-6. The curriculum includes; Khor Tai Chi 1-6, Qigong & various supplemental exercises.

10 weeks payment: \$120 full, \$110 concession

*Paddington \$30 extra for weapons practice (1/2 hour extra)

Paddington Club:

Enjoy a run-through of all the weapons sets, and improve your skills as you go.

To pay for your classes, etc:-

1) EFT to Westpac New Farm **AUSCHI 034-065 130098** - Put "your name" & "class location" as reference. Please send confirmation email to ozchi@ozemail.com.au. **2) Phone** (07) 3358 1955 for credit card payment.

3) Pay direct to your instructor.

★ **EAGLE FARM RACECOURSE** Racecourse Rd. St Ledger Lawn. Tai Chi Qigong with Jan \$5 Mon 7.30-8.30am

Brighton Wellness Hub Cnr Nineteenth Ave and Hornibrook Hwy with Jan \$5 Fridays 8.30-9.30am

Please feel free to attend any class any week, no need to book. For evening courses its best to attend regularly but park classes you can attend casually or irregularly. Of course the best benefits come from your own regular practice. There are no special clothing or footwear requirements other than comfortable for gentle standing exercise.

There are DVDs Books and Music CDs available to help you practise and gain better benefits.

Free live streaming on Fridays at 10.00am <https://www.facebook.com/TaiChiMasterRod/>

Many previous sessions also still available here. Please visit and like page, upcoming events listed here.

Free online learning videos www.youtube.com/c/RodFergusonTaiChiMaster



Australian Academy of Tai Chi & Qigong

www.livingchi.com.au

Est. 1976

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Active and Healthy Brisbane 2021



TAI CHI QIGONG FOR MIND & BODY

GOLD (suits over 50s)		FREE	- JOIN ANY WEEK **
SUBURB	PARK & ADDRESS	DAY	Instructor
Karana Downs	Kookaburra Pk - Caringal Dr shed track behind playground	Mon 9.30–10.30am: Jul 12-Sep 13; Oct 11-Dec 6	Roz
Forest Lake	The Lake Parklands - car park off Forest Lake Blvd	Tues 7.00–8.00am: Jul 13-Sep 14; Oct 5-Dec 7	Julian
City	City Botanic Gardens - Grass area above Duck pond	Tues 12.30–1.30pm: Jul 13-Sep 14; Oct 5-Dec 7	Rod
Holland Park	C.B. Mott Park - Abbotsleigh St. near playground	Wed 7.00–8.00am: Jul 14-Sep 15; Oct 6-Dec 8 #	Inka
Wynnum	Wading Pool Park - Wynnum Esp opp Florence St	Wed 8.30–9.30am: Jul 14-Sep 15; Oct 6-Dec 8 #	Paul
Kenmore	Akuna Street Park - near playground/footbridge to Sutling St	Wed 9.00–10.00am: Jul 14-Sep 15; Oct 6-Dec 8 #	Kevin
Carseldine/Aspley	Aspley Rest Park - Graham Rd, 200m on bike path	Thur 8.30–9.30am: Jul 15-Sep 16; Oct 7-Dec 9	Paul
Newstead	Newstead Park - Newstead Ave picnic shelter near river	Fri 8.30–9.30am: Jul 16-Sep 17; Oct 8-Dec 10	Rod
Coopers Plains	St David's Neighbourhood Ctr - 68 Orange Grove Rd	Fri 10.00–11.00am: Jul 16-Sep 17; Oct 8-Dec 10	Anita
Fairfield	Robinson Park - Sydney St near playground	Sun 8.00–9.00am: Jul 18-Sep 12; Oct 10-Dec 5	Julian
GOLD (suits over 50s)		\$5 per lesson	- JOIN ANY WEEK
Kenmore Hills	"Old Friary" - 139 Brookfield Rd meet at back	Mondays 8.00–9.00am: No class Oct 4 @	Kevin
Indooroopilly	Keating Park - Belgrave & Stamford Rds	Mon 9.30–10.30am: Jul 12-Sep 13; Oct 11-Dec 6	Julian
The Gap	Walton Bridge Reserve - Waterworks Rd	Mon 9.30–10.30am: Jul 12-Sep 13; Oct 11-Dec 6	Jan
Sherwood	Sherwood Arboretum - near Jolimont St car park	Tuesdays 8.00–9.00am until Dec 21	Kevin
Mitchelton	Teralba Park - use Osborne Road entrance	Tues 8.30–9.30am: Jul 13-Sep 14; Oct 5-Dec 7	Paul
Chermside West	Huxtable Park - Redbourne Street near Scout hall	Tuesdays 8.30–9.30am until Dec 14	Rod
Hendra	The T.C. Beirne Park - Burilda St near playground	Wed 7.00–8.00am: Jul 14-Sep 15; Oct 6-Dec 8 #	Jan
Anstead	Anstead Bushland Reserve - off Hawkesbury Road	Wed 9.00–10.00am: Jul 14-Sep 15; Oct 6-Dec 8 #	Roz
Shorncliffe	Lower Moora Park - shelter shed at end of carpark	Wed 9.30–10.30am: Jul 14-Sep 15; Oct 6-Dec 8 #	Jan
Bardon	Lions Park - Fletcher Pde opp Alexandra St	Thurs 8.30–9.30am: Jul 15-Sep 16; Oct 7-Dec 9	Jan
17 Mile Rocks	Rocks Riverside Park - Counihan Rd Shed #5 riverside	Thursdays 9.00–10.00am until Dec 16	Kevin
Stafford	Keong Park - Teevan St, near Appleby Rd	Thursdays 9.30–10.30am until Dec 16	Rod
New Farm	New Farm Park - Brunswick Street riverbank near ferry	Saturdays 8.00–9.00am until Dec 18	Rod
Red Hill	Woolcock Park - Hawthorn Terrace near playground	Sundays 8.00–9.00am until Dec 12	Rod

** Note: Classes before & after above dates may continue for \$5 - check with instructor **

@ No class Oct 4

No class Aug 11

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ozchi@ozemail.com.au or www.livingchi.com.au



For more information visit www.brisbane.qld.gov.au/activeandhealthy or call (07) 3403 8888.

Dedicated to a better Brisbane