

Australian Academy of Tai Chi and Qigong - Brisbane – Term 1 2012

TAI CHI is becoming recognised as the world's most beneficial health system. People of all ages, size and shape and fitness levels are eager to learn more about this life enhancing practice. Relax, rejuvenate and enjoy peaceful tranquillity as you exercise your body and mind. You will feel the difference!

STAFFORD Mondays Tuesdays	ST CLEMENTS HALL Corner Eudunda & Reuben Streets 6.30pm Beginners 7.30pm Intermediate 10.00am Tai Chi Club
NEW FARM Tuesdays	HOLY SPIRIT CATHOLIC HALL Villiers Street 6.30pm Beginners, Intermediate & Refinement
INDOOROPILLY Wednesdays	HOLY FAMILY CATHOLIC HALL Ward St 6.15pm Beginners and Level 1 & 2 7.30pm Intermediate and Refinement
PADDINGTON Wednesdays	BOYS BRIGADE HALL 80 Enoggera Terrace 6.00pm Beginners & Intermediate 7.00pm Tai Chi Club + Sword 1 , Wushu and Weapons (Revision) until 9pm
MT GRAVATT Thursdays	STATE PRIMARY SCHOOL Logan Road near Herrick St. near Zupps / opposite Spotlight 6.30pm Beginners 7.30pm Intermediate + Refinement

Beginners: You can join the class any week! You're welcome to come and try one lesson (\$10) without obligation **"Try Tai Chi with us you will feel the difference"** All classes include Qigong, joints, breathing & stretching exercises. **Intermediate:** levels of the Khor Traditional Tai Chi Set. **Advanced:** Refinement & Club.

*** Beginners can try one lesson for \$10**

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

Tuition Fees 10 weeks

Standard Fee \$99

Concession \$89

Child 16 & under \$69

Multiple lesson course \$22 extra

TAI CHI CLUB

A special 1½ 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: \$119 full, \$109 concession

*Paddington \$20 extra for weapons practise (2 hour class)

~ **The Sword Form** is an excellent starting point for students wanting to progress to learning a weapons set

TAI CHI FOR FALLS PREVENTION and Healthy Ageing

Improve your balance and stability through Tai Chi with a special program

Free or half price as part of the Brisbane City Council G.O.L.D. program

Sherwood – Sherwood Forest Park, Jolimont St Tuesdays 8.00am-9.00am – FREE Feb 7 to Mar 27

Graceville – Memorial Park, Oxley Rd (opp Graceville School)

Tuesdays 9.30am-10.30am – FREE Feb 7 to Mar 27

Sandgate - Lower Moora Park, off Park Pde. Wednesdays 9.30am-10.30am

FREE Feb 1 to Mar 28 (**only \$5 per session after the free dates**)

Stafford - Keong Park, Teevan St Thursdays 9.30am-10.30am

FREE Feb 9 to Mar 29 (**only \$5 per session after the free dates**)

Dorrington - St Michael's Hall, 250 Banks St. Thursdays 1.30pm to 2.30pm - only \$5 - from Feb 9th

Workplace, Private Classes, Personal Training, Talks and Demonstrations by arrangement

Annual Straddie 'Wreckreation Weekend' Mar 23rd-25th 2012 - last few places be quick!

www.livingchi.com.au/tai-chi-classes/queensland/tai-chi-retreat-stradbroke-island

1) **EFT** to Westpac New Farm **AUSCHI 034-065 130098** - Put "your name" & "Event Name" (eg Straddie or Classes or 5Animals) as reference. Please send confirmation email to ozchi@ozemail.com.au. 2) **Phone** (07) 3358 1955 for credit card payment. 3) **Post** cheque or credit card to **AATC-Qld, PO Box 2475 Fortitude Valley 4006** 4) **Pay direct** to your instructor.



Australian Academy of Tai Chi & Qigong
www.livingchi.com.au 07 3358 1955

Est. 1976

click **Facebook** & Like our **LearnTaiChi** page

active



TAI CHI QIGONG IN THE PARK

as part of Brisbane City Council's ACTIVE PARKS Program
with the AUSTRALIAN ACADEMY OF TAI CHI & QIGONG

Active Parks
Jan - Mar 2012

Mind/Body Exercise for Relaxation, Health & Fitness "Enjoy peaceful tranquillity as you exercise".

The Academy's qualified instructors ensure that the moves are easy to follow.

FREE - JOIN ANY WEEK

enable students to get a feel for the gentle flowing exercise "moving meditation".

After you have learned the basic steps and flows, you can then easily join the Academy's structured classes, where you can learn more detail and progress to intermediate & advanced levels. The union of mind and body creates a much needed feeling of relaxation.

SUBURB	PARK & ADDRESS	DAY	CLASS TYPE	
Mitchelton	Teralba Park Osborne Road	Tuesdays 8.30am – 9.30am Jan 24 to Mar 13	TAI CHI QIGONG for Relaxation, Health & Fitness	Paul
City	City Botanic Gardens Grass area above Duck pond	Tuesdays 12.30pm – 1.30pm Jan 24 to Mar 13	TAI CHI QIGONG for Relaxation, Health & Fitness	Rod
Hendra	The T.C. Beirne Park Burilda St	Wednesdays 7.00am – 8.00am Jan 25 to Mar 14	TAI CHI QIGONG for Relaxation, Health & Fitness	Jan
Wynnum	Wading Pool Park Wynnum Esp opp Florence St	Wednesdays 8.30am – 9.30am Jan 25 to Mar 14	TAI CHI QIGONG for Relaxation, Health & Fitness	Paul
Anstead	Anstead Bushland Reserve off Hawkesbury Road	Wednesdays 9.30am – 10.30am Jan 25 to Mar 14	TAI CHI QIGONG for Relaxation, Health & Fitness	Jane
Bulimba	Bulimba Memorial Park Oxford Street	Wednesdays 10.30am – 11.30am Jan 25 to Mar 14	TAI CHI QIGONG for Relaxation, Health & Fitness	Paul
Inala	Kev Hooper Park Rosemary Street	Thursdays 7.00am – 8.00am Feb 2 to Mar 15	TAI CHI QIGONG for Relaxation, Health & Fitness	Kevin
Fairfield	Robinson Park Sydney St (near playground)	Sundays 8.00am – 9.00am Jan 29 to Mar 18	TAI CHI QIGONG for Relaxation, Health & Fitness	Kevin

\$5 per lesson - JOIN ANY WEEK

SUBURB	PARK & ADDRESS	DAY	CLASS TYPE	
Toowong	Jack Cook Park Indooroopilly Rd	Every Monday 6.30am - 7.30am No class Dec 19 until Jan 16 2012	TAI CHI QIGONG for Relaxation, Health & Fitness	Jane
Indooroopilly	Keating Park Belgrave & Stamford Rds	Every Monday 9.30am – 10.30am No class Dec 19 until Jan 16 2012	TAI CHI QIGONG for Relaxation, Health & Fitness	Jane
Chermside West	Huxtable Park Redbourne Street	Every Tuesday 8.30am – 9.30am No class Dec 20 until Jan 17 2012	TAI CHI QIGONG for Relaxation, Health & Fitness	Rod
Kenmore	Cubberla Creek Reserve Akuna Street	Every Thursday 7.00am – 8.00am No class Dec 22 until Jan 19 2012	TAI CHI QIGONG for Relaxation, Health & Fitness	Jane
17 Mile Rocks	John Magee Park Counihan Road	Every Thursday 9.00am – 10.00am No class Dec 22 until Jan 19 2012	TAI CHI QIGONG for Relaxation, Health & Fitness	Jane
New Farm	New Farm Park (near ferry) Brunswick Street	Every Saturday 8.00am – 9.00am No class Dec 24 until Jan 14 2012	TAI CHI QIGONG for Relaxation, Health & Fitness	Rod
Red Hill	Woolcock Park Hawthorn Terrace	Every Sunday 8.00am – 9.00am No class Dec 25 until Jan 15 2012	TAI CHI QIGONG for Relaxation, Health & Fitness	Rod

Australian Academy of Tai Chi & Qigong 3358 1955 or www.livingchi.com.au

It's all about regaining balance physically, mentally and emotionally

Another way Council is achieving our vision for the city's future – *Living in Brisbane 2026*

For a full list of activities, please visit www.brisbane.qld.gov.au/activeandhealthy
or phone Council on (07) 3403 8888.



Dedicated to a better Brisbane