

# 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.*

### **DAYTIME PARK SESSIONS Tuesdays 9.30-10.30am**

Easy [Tai Chi Qigong](#) at CENTENARY LAKES CABOOLTURE

Meet in the Elliott St carpark

Casual **FREE** sessions 27th July to 7<sup>th</sup> December (no class 21st & 28th September)  
sponsored by **Moreton Bay Regional Council**

Beginners can join at anytime

### **DAYTIME PARK SESSIONS Tuesdays 11.30-12.30am**

Easy Tai Chi Qigong at BRIBIE ISLAND

Gary Parsons Park, South Esp near exercise equipment

Casual **FREE** sessions 28th July to 7<sup>th</sup> December (no class 21st & 28th September)  
sponsored by **Moreton Bay Regional Council**

Beginners can join at anytime

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

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## Australian Academy of Tai Chi & Qigong

Phone 0414 569 492

[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”.  
1976 - Grandmaster Gary Khor, Founder.***