

TAI CHI QIGONG

TAOIST MEDITATION

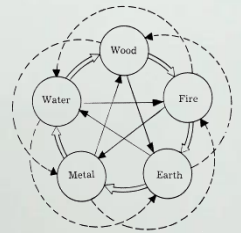


Wudang Five Animals Qigong, Eight Treasures,
Shaolin 'Lohan', Lotus Qigong & Temple Tai Chi



Every Day!

Start every (or any) day the Tai Chi way!
8-9am at the Village Green



“Wudang Tai Chi Yang-Sheng Taoyin” Taoist Life Nourishing Skill - This key method of Taoist exercise and breathing skills has been used for thousands of years in China’s Wudang Mountain for cultivating Youthful Regeneration and Longevity. By revitalising our mind and strengthening our life force, we maximise the health of our inner vital organs, remove toxins and prevent or minimise illnesses.



“Taoist Meditation” Mindful total relaxation, Qi Breathing and Qi Circulation throughout the energy meridians of the body are the special techniques that have been preserved intact in the Wudang Mountains. The focus is on the development of mind, body and spirit for optimal health and longevity. Learn the methods of Primordial ‘Wuji’ and Tai Chi ‘Wu-wei’.



Master Rod Ferguson has been a full-time professional Tai Chi instructor for over 37 years. He studied under (and continues to learn from) Grandmaster Khor. Rod assisted and received intensive training with Taoist Master Zhou during his Australian tours in 2012 & 13. Rod’s classes regularly attract more than 180 participants yet each feels the energy!



AUSTRALIAN ACADEMY OF TAI CHI - WWW.LIVINGCHI.COM.AU

