

# A SPECIAL TAI CHI WORKSHOP WITH

Master Rod Ferguson National Director of Training and National Chief Instructor with the Australian Academy of Tai Chi. Rod has been a full-time instructor since 1978 and manages 45 Queensland locations. As well as conducting Traditional Academy Tai Chi classes, he trains Traditional & Applied Tai Chi instructors and 'non-expert' group leaders for Applied Tai Chi. Rod also advises and conducts sessions for several local government areas' Active and Healthy programs Rod personally teaches about 800 students per week.

He has presented in the USA, South Africa, New Zealand and throughout Australia. Internationally acclaimed Rod has won many awards and honours, 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.

"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".

## Our workshop will include:

TAI CHI QIGONG SHIBASHI TWO and selected Tai Chi flow patterns will be used to review the basic principles that underlie the traditional arts of Tai Chi and Qigong. An excellent introduction for beginners or a check-up for those more advanced. Tai Chi without focus on the key points is just a slow exercise; to unlock the mysteries for yourself you need to know the keys to perfect practice.



**TOWNSVILLE** - Friday 17<sup>th</sup> May 2019

**ANZAC Park - The Strand**

11am – 1pm ~ \$20 ~ bookings preferred

Jillian Peters

0409475717 - jgpeters2@bigpond.com

Whether you can come or not, please support our efforts by donating to help raise much-needed funds for Motor Neurone Disease research. No amount is too small – every bit helps!

<https://give.everydayhero.com/au/40-hours-of-tai-chi-qigong-island-walks-live-music>

Check out all of the Tai Chi Qigong events on over the weekend at Master Rod Ferguson's Events page [www.facebook.com/TaiChiMasterRod](http://www.facebook.com/TaiChiMasterRod) for pictures, live feeds and to follow Rod's progress through the 40 hours.

**Australian Academy of Tai Chi, Qld - WWW.LIVINGCHI.COM.AU**

## **BOOKING FORM**

Name \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_ Postcode \_\_\_\_\_

Phone (H) \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_

Location / Instructor \_\_\_\_\_

Your experience \_\_\_\_\_

Pay direct to your instructor. Or cash on the day

Amount \$ \_\_\_\_\_

Money raised goes to the Motor Neurones Disease and Me Foundation

Part of the **40 hour Jammin** amazing music and more fundraiser  
Magnetic Island May 17<sup>th</sup> 18<sup>th</sup> 19<sup>th</sup>  
[www.the40hourjammin.com](http://www.the40hourjammin.com)

