

# TAI CHI

# QIGONG

# Qi

## THE VILLAGE GREEN

### EVERY DAY

### 6am to 7am

Explore the elements for good health and vitality.  
A great way to start the day with lots of energy.  
Each session explores a theme but you can do  
any or all. These sessions are suitable for all  
levels only go as far as you feel comfortable.



### Master Rod Ferguson



Fri 27 **"WOOD"** - Sat 28 **"FIRE"** - Sun 29 **"EARTH"**  
Mon 30 **"METAL"** - Tues 31 **"WATER"**

Wed 1st DAY NEW YEAR 6am and 5pm



## WWW.LIVINGCHI.COM.AU

