



TAI CHI & QIGONG

“Mindfulness Workshop”

30th & 31st October 2021

Presented by Senior Master Rod Ferguson

AATC National Chief Instructor



Mindfulness is the ability to be fully in the present, aware of where we are and what we're doing, to not be distracted by what's going on around us.

In Tai Chi we learn how to develop this mindfulness through a series of flowing movements, such as Five Animals Qigong and Tao Yin. Join us to play and learn.

Saturday 30th October

10 am to 11am: Five Animals Qigong

11am to 11.15am Break (Tea and Coffee provided)

11.15am to 12.30pm: Five Animals Qigong

LUNCH BREAK 12.30PM TO 1.30PM

(Due to COVID rules please bring your lunch)

1.30pm to 2.30pm: Tao Yin

2.30pm to 2.45pm Break (Tea and Coffee provided)

2.45pm to 4pm: Mindfulness

**Location: Hervey Bay Senior Citizens Hall,
Corner Totness Street and Denmans Camp Road, Scarness**

Cost: \$85 Full Day (\$75 if paid by 15th October)

\$40.00 Morning Session (\$35.00 prepaid)

\$45.00 Afternoon Session (\$40.00 prepaid)

Sunday 31st October

9.30am to 11.00am: Tai Chi & Qigong Park Practice. Cost \$10.00

**Location: Hervey Bay Botanical Gardens, Elizabeth drive, Urangan
Meet at Chinese Pagoda area.**

To book your place, please contact your local instructor Margaret

Mobile: 0408 705 140 or Email: marg@margrichters.com