

Australian Academy of Tai Chi and Qigong - Brisbane – Term 3 & 4 2022

Our unique methods of teaching Tai Chi Qigong use the mindful practice of taoist internal energy meditation. It is deeply restorative, regenerative and invigorating. Being kind to yourself (self-compassion) builds a resilience of mind and body. Applying Tai Chi principles of mindfulness for self-care and restoration provides you with perspectives and tools for managing stress and fatigue on physical, mental and emotional levels.

STAFFORD

Mondays 6.30pm Tai Chi all levels (incl Beginners) with Paul Robbins & Linde Chapman
Tuesdays 10.00am **Tai Chi Club** advanced students only with Master Rod & Paul Robbins

NEW FARM

Tuesdays 6.30pm Tai Chi all levels (incl Beginners) with Master Rod, Christine & Shirley

INDOOROPILLY

Wednesdays 6.00pm Tai Chi all levels (incl Beginners) with Anita Steinerts & Julian Scantlebury

PADDINGTON

Wednesdays 6.30pm Tai Chi all levels (including Beginners & Club) with Master Rod, Paul, Chris & Linde
7.30pm **Tai Chi Club Weapons Revision** (till 8.00pm) with Master Rod

MT GRAVATT

Thursdays 6.30pm Tai Chi all levels (incl Beginners) with Master Rod & Chris Smerdon

2022 TERM DATES:- Term 3 – July 11 until September 16 ~~~ Term 4 – October 3 until December 9

Beginners: You can join the class any week! You're welcome to come and try one lesson (**\$12**) without obligation **"Try Tai Chi with us you will feel the difference"** All classes include Qigong, joints, breathing & stretching exercises. **Intermediate:** levels of Khor Traditional Tai Chi Set. **Advanced:** Refinement & Club.

*** Beginners can try one lesson for \$12**

*** Casual lessons \$15 each (\$12 conc.)**

| | |
|------------------------|------------|
| Tuition Fees 10 weeks | Full |
| Standard Fee | \$120 |
| Concession | \$110 |
| Child 16 & under | \$90 |
| Multiple lesson course | \$30 extra |
| Club weapons | \$30 extra |

TAI CHI CLUB

A special 1 hour class, for students who have completed the Khor Tai Chi 1-6. The curriculum includes; Khor Tai Chi 1-6, Qigong & various supplemental exercises.

10 weeks payment: \$120 full, \$110 concession

*Paddington \$30 extra for weapons practice (1/2 hour extra)

Paddington Club:

Enjoy a run-through of all the weapons sets, and improve your skills as you go.

To pay for your classes, etc:-

1) EFT to Westpac New Farm **AUSCHI 034-065 130098** - Put "your name" & "class location" as reference. Please send confirmation email to ozchi@ozemail.com.au.

2) Phone (07) 3358 1955 for credit card payment.

3) Pay direct to your instructor.

★ **EAGLE FARM RACECOURSE** Racecourse Rd. St Ledger Lawn. Tai Chi Qigong with Jan \$5 Mon 7.30-8.30am

Brighton Wellness Hub Cnr Nineteenth Ave and Hornibrook Hwy with Jan \$5 Fridays 8.30-9.30am

Please feel free to attend any class any week, no need to book. For evening courses its best to attend regularly but park classes you can attend casually or irregularly. Of course, the best benefits come from your own regular practice. There are no special clothing or footwear requirements other than comfortable for gentle standing exercise.

There are DVDs, Books and Music CDs available to help you practise and gain better benefits.

Free live streaming <https://www.facebook.com/TaiChiMasterRod/>

Many pre-recorded sessions are available here. Please visit and like page, upcoming events are also listed here.

Free Youtube online learning videos www.youtube.com/c/RodFergusonTaiChiMaster



Australian Academy of Tai Chi & Qigong

www.livingchi.com.au

Est. 1976

click **Facebook** & Like our page

Active and Healthy Brisbane 2022



TAI CHI QIGONG FOR MIND & BODY

| GOLD (suits over 50s) ● FREE - JOIN ANY WEEK ** | | | |
|---|--|--|------------|
| SUBURB | PARK & ADDRESS | DAY | Instructor |
| Karana Downs | Kookaburra Pk - Caringal Dr shed track behind playground | Mon 9.30–10.30am: Jul 11-Sep 12; Oct 10-Dec 5 @ | Roz |
| Forest Lake ● | The Lake Parklands - car park off Forest Lake Blvd | Tues 7.00–8.00am: Jul 12-Sep 13; Oct 4-Dec 6 | Julian |
| Sherwood | Sherwood Arboretum - near Jolimont St car park | Tues 8.00–9.00am: Jul 12-Sep 13; Oct 4-Dec 6 | Kevin |
| City | City Botanic Gardens - near Police Memorial | Tues 12.30–1.30pm: Jul 12-Sep 13; Oct 4-Dec 6 | Rod |
| Holland Park | C.B. Mott Park - Abbotsleigh St. near playground | Wed 7.00–8.00am: Jul 13-Sep 14; Oct 5-Dec 7 # | Mary |
| Wynnum | Wading Pool Park - Wynnum Esp opp Florence St | Wed 8.30–9.30am: Jul 13-Sep 14; Oct 5-Dec 7 # | Paul |
| Carseldine/Aspley | Aspley Rest Park - Graham Rd, 200m on bike path | Thur 8.30–9.30am: Jul 14-Sep 15; Oct 6-Dec 8 | Paul |
| Newstead ● | Newstead Park - Newstead Ave picnic shelter near river | Fri 8.30–9.30am: Jul 15-Sep 16; Oct 7-Dec 9 | Rod |
| Coopers Plains ● | St David's Neighbourhood Ctr - 68 Orange Grove Rd | Fri 10.00–11.00am: Jul 15-Sep 16; Oct 7-Dec 9 | Anita |
| Fairfield | Robinson Park - Sydney St near playground | Sun 8.00–9.00am: Jul 17-Sep 11; Oct 9-Dec 4 | Julian |
| GOLD (suits over 50s) ● \$5 per lesson - JOIN ANY WEEK | | | |
| Kenmore Hills ● | "Old Friary" - 139 Brookfield Rd meet at back | Mondays 8.00–9.00am @ | Kevin |
| Indooroopilly | Keating Park - Belgrave & Stamford Rds | Mon 9.30–10.30am: Jul 11-Sep 12; Oct 10-Dec 5 @ | Julian |
| The Gap ● | Walton Bridge Reserve - Waterworks Rd | Mon 9.30–10.30am: Jul 11-Sep 12; Oct 10-Dec 5 @ | Jan |
| Mitchelton | Teralba Park - use Osborne Road entrance | Tues 8.30–9.30am: Jul 12-Sep 13; Oct 4-Dec 6 | Paul |
| Chermside West | Huxtable Park - Redbourne Street near Scout hall | Tuesdays 8.30–9.30am | Rod |
| Hendra | The T.C. Beirne Park - Burilda St near playground | Wed 7.00–8.00am: Jul 13-Sep 14; Oct 5-Dec 7 # | Jan |
| Anstead | Anstead Bushland Reserve - off Hawkesbury Road | Wed 9.00-10.00am: Jul 13-Sep 14; Oct 5-Dec 7 # | Roz |
| Kenmore ● | Akuna Street Park - near playground/footbridge to Sutling St | Wednesdays 9.00–10.00am # | Kevin |
| Shorncliffe ● | Lower Moora Park - shelter shed at end of carpark | Wed 9.30-10.30am: Jul 13-Sep 14; Oct 5-Dec 7 # | Jan |
| Bardon ● | Lions Park - Fletcher Pde opp Alexandra St | Thurs 8.30–9.30am: Jul 11-Sep 12; Oct 10-Dec 5 @ | Jan |
| 17 Mile Rocks | Rocks Riverside Park - Counihan Rd Shed #5 riverside | Thursdays 9.00–10.00am | Kevin |
| Stafford ● | Keong Park - Teevan St, near Appleby Rd | Thursdays 9.30–10.30am: From Jan 13 | Rod |
| New Farm | New Farm Park - Brunswick Street riverbank near ferry | Saturdays 8.00–9.00am | Rod |
| Red Hill | Woolcock Park - Hawthorn Terrace near playground | Sundays 8.00–9.00am: | Rod |

** Note: Classes before & after above dates may continue for \$5 - check with instructor **

@ No class Oct 3

No class Aug 10

Australian Academy of Tai Chi & Qigong 3358 1955

ozchi@ozemail.com.au or www.livingchi.com.au

For more information visit www.brisbane.qld.gov.au/activeandhealthy or call (07) 3403 8888.



Dedicated to a better Brisbane