

Tai Chi & Qigong Active & Healthy

FREE Join any time, just turn up! It's part of the **Get Active Gold Coast** initiative of making health accessible.

11 Jul to 18 Sept – 4 Oct to 11 Dec – 23 Jan to 2 Apr – 17 Apr to 25 June

JUSTINS PARK - Burleigh Heads
Esplanade (near SLSC)

MONDAYS & WEDNESDAYS

8.30am to 9.30am - with Master Rod

* 6.00-7.00pm \$3 (Mondays Oct-Mar Only)

H.O.T.A. behind Amphitheatre,
off Bundall Rd Evandale

WEDNESDAYS

10.30am to 11.30am - Master Rod

CARRARA COMMUNITY CENTRE

Nielsens Road, Carrara

MONDAYS

10.30am to 11.30am - with Brad

HOLLINDALE PARK - Main Beach
Macarthur Pde (South side of SLSC)

TUESDAYS

8.30am to 9.30am - with Brad

KURRAWA PARK - Broadbeach
Old Burleigh Rd, (Nth side SLSC)

THURSDAYS

8.00am to 9.00am - with Brad

BOTANIC GARDENS Rosser Pk
The Sensory Shelter

off - Ashmore Rd. Benowa
with Brad

LABRADOR SENIORS CENTRE

Marine Parade & Broad St

WEDNESDAYS

10.30am to 11.30am - with Brad

*Gold coin donation for hall use

WEDNESDAYS 8 am to 9 am \$5

FRIDAYS 8.00 am to 9.00 am Free

No sessions on public holidays

More GCCC subsidised activities www.goldcoastcity.com.au/activehealthygc



This is a unique activity that appeals to a broad range of abilities and ages. A main focus of this specific Applied Tai Chi program for the community is to encourage more people to be more active more often. It has been particularly good at encouraging the inactive to become and remain active, healthy, and involved. This activity in these settings encourages interaction and a sense of community. The safety and adaptability of the movements make Tai Chi a suitable activity for all.

Australian Academy of Tai Chi & Qigong

www.livingchi.com.au

www.facebook.com/TaiChiMasterRod

Phone **5572 8921** or Rod **0400 335 645** or Brad **0418 757 539**





PHYSICAL

MENTAL

EMOTIONAL

BALANCE

Arthritis

Diabetes

Prevent Falls



**The Australian[®]
Academy of Tai Chi
and Qigong**

Established 1976 Internationally
Recognised and Affiliated

0400 335 645

livingchi.com.au ozchi@ozemail.com.au

Also available for Workplace, Private Lessons & Personal Training

TAI CHI

BEGINNERS COURSE

Our Tai Chi is for physical and mental health and wellbeing focusing on balance and healthy aging through relaxation therapy and the appropriate intensity of exercise for the individual.

Learn how to nurture life and avoid injury.

Burleigh

Learn the traditional long form step by step direct from Senior Master Rod Ferguson a professional Tai Chi and Qigong Master Instructor with 40 years full time teaching experience.

Fradgley Hall

Crn Park and Ocean

From \$5 per lesson

Mondays 10.15-11.15am

Join now – beginners welcome

Come and enjoy peaceful tranquility as you exercise - learning Tai Chi

"We guarantee authentic Tai Chi and Qigong taught by professionally trained instructors".

- Grandmaster Gary Khor, Founder.