

## Australian Academy of Tai Chi and Qigong - Brisbane – Term 3 2010

<b>STAFFORD</b> Mon Jul 12 Tues Jul 13	ST CLEMENTS HALL Corner Eudunda & Reuben Streets 6.30pm Beginners Level 1 & 2    7.30pm Intermediate & Advanced 10.00am <b>Tai Chi Club</b>
<b>NEW FARM</b> Tues Jul 13	HOLY SPIRIT CATHOLIC HALL Villiers Street 6.30pm Beginners    7.30pm Intermediate & Advanced
<b>INDOOROOPILLY</b> Wed Jul 14	HOLY FAMILY CATHOLIC HALL Ward St 6.15pm Beginners and Level 1 & 2    7.30pm Intermediate and Refinement
<b>PADDINGTON</b> Wed Jul 14	BOYS BRIGADE HALL 80 Enoggera Terrace 6.00pm Beginners & Intermediate 7.00pm <b>Tai Chi Club + Fan Set and Weapons</b> revision until 9pm
<b>MT GRAVATT</b> Thur Jul 15	STATE PRIMARY SCHOOL Logan Road near Herrick St. near Zupps / opposite Spotlight 6.30pm Beginners    7.30pm Intermediate + Advanced until 9pm

**Beginners:** You can join the class any week! You're welcome to come and try one lesson (\$10) without obligation **"Try Tai Chi with us you will feel the difference"** All classes include Qigong, joints, breathing & stretching exercises. **Intermediate:** levels of the Khor Traditional Tai Chi Set. **Advanced:** Refinement & Club. **FAN:** revision

Pay your instructor at the class or mail to PO Box 2475 Fortitude Valley 4006 or ring the office to pay by credit card.

**\* Beginners can try one lesson for \$10**

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

Tuition fees for the full 10 week block:

Standard                    \$99

Concession                \$89

Multiple lesson course    \$22 extra

### TAI CHI CLUB

A special 1½ 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: \$119 full, \$109 concession

\*Paddington \$20 extra for weapons practise (2 hour class)

### TAI CHI FOR FALLS PREVENTION and Healthy Ageing

Improve your balance and stability through Tai Chi with a special program developed by Tai Chi Master Rod Ferguson.

#### Free or half price as part of the Brisbane City Council G.O.L.D. program

**Indooroopilly** - Keating Park, Belgrave and Stamford Rds. Mondays 9.30 - 10.30am

FREE from 6th Sept until 27th Sept only \$5 per session before and after these dates

**Inala** Len Waters Park, Gannet St. Tuesdays Jul 13 to Aug 17, 9.00am-10.00am - FREE

**Sandgate** - Lower Moor Park, off Park Pde. Wednesdays Oct 20 to Dec 8, 9.30am-10.30am - FREE

**Stafford** - Gibson Park, off Stafford Rd. (near Stafford City) Thursdays 9.30am-10.30am

FREE Jul 15 to Aug 19, only \$5 per session before and after these dates

**Dorrington** - St Michael's Church Hall, 250 Banks St. every Thursday 1.30pm to 2.30pm - only \$5

#### 2010 Annual Seminar with Grandmaster Khor & Master Rod Ferguson

**Secrets arts and energy skills of the Shaolin and Taoist (Wudang) monks**

Brisbane - 29th to 31st October, 2010

**Join us on the SHAOLIN AND WUDANG CHINA TOUR April 2011 book now**

**with Grandmaster Khor & Master Rod – details on website**

#### Workplace, Private Classes, Personal Training, Talks and Demonstrations by arrangement

*TAI CHI is becoming recognised as the world's most beneficial health system. People of all ages, size and shape and fitness levels are eager to learn more about this life enhancing practice. Relax, rejuvenate and enjoy peaceful tranquillity as you exercise your body and mind. You will feel the difference!*

*Check the website for more details and more information*



Est. 1976

**Australian Academy of Tai Chi & Qigong**

Accredited by ACHPER & Active Australia  
Affiliated with the Shanghai Institute of Physical Education

**www.livingchi.com.au 07 3358 1955**

# TAI CHI QIGONG IN THE PARK

as part of Brisbane City Council's ACTIVE PARKS Program

with the AUSTRALIAN ACADEMY OF TAI CHI & QIGONG

Mind/Body Exercise for Relaxation, Health & Fitness

*"Enjoy peaceful tranquillity as you exercise".*

The Academy's qualified instructors ensure that the moves are easy to follow.

Active Parks Stage 28

## FREE - JOIN ANY WEEK

"TAI CHI EXPERIENCE" - An introduction to Qigong and Tai Chi - with all the basic essentials.

Come and play Tai Chi, the union of mind and body creates a much needed feeling of relaxation.

SUBURB	PARK & ADDRESS	DAY	CLASS TYPE	INSTRUCTOR
Acacia Ridge	Mortimer Road Park Mortimer Road	<b>Monday</b> 8.30am – 9.30am 12 Jul - 13 Sept	Tai Chi - The Relaxation Experience	Kevin
Mitchelton	Teralba Park Osborne Road	<b>Tuesday</b> 8.30am – 9.30am 13 Jul - 14 Sept	Tai Chi - The Relaxation Experience	Paul
City	City Botanic Gardens Grass area above Duck pond	<b>Tuesday</b> 12.30pm – 1.30pm 13 Jul - 14 Sept	Tai Chi - The Relaxation Experience	Rod
City	King George Square Deck (above Groove Train)	<b>Thursday</b> 7.00am – 8.00am 15 Jul - 12 Aug	Tai Chi - The Relaxation Experience	Rod
Yeronga	Yeronga Park School Rd (near pool entrance)	<b>Sunday</b> 8.30am – 9.30am 18 Jul - 19 Sept	Tai Chi - The Relaxation Experience	Kevin

## \$5 per lesson - JOIN ANY WEEK

The easy-to-follow moves are repeated each week to enable students to get a feel for the gentle flowing exercise "moving meditation". After you have learned the basic steps and flows, you can then easily join the Academy's structured classes, where you can learn more detail and progress to intermediate and advanced levels.

SUBURB	PARK & ADDRESS	DAY	CLASS TYPE	INSTRUCTOR
Toowong	Perrin Park Josling Street	<b>Every Monday</b> 7.00am – 8.00am	TAI CHI for Relaxation, Health & Fitness	Jane
Chermside West	Huxtable Park Redbourne Street	<b>Every Tuesday</b> 8.30am – 9.30am	TAI CHI for Relaxation, Health & Fitness	Rod
Kenmore	Cubberla Creek Reserve Sutling Street	<b>Every Thursday</b> 7.00am – 8.00am	TAI CHI for Relaxation, Health & Fitness	Jane
17 Mile Rocks	Rocks Riverside Park Counihan Road	<b>Every Thursday</b> 9.00am – 10.00am	TAI CHI for Relaxation, Health & Fitness	Jane
New Farm	New Farm Park (near ferry) Brunswick Street	<b>Every Saturday</b> 8.00am – 9.00am	TAI CHI for Relaxation, Health & Fitness	Rod
Red Hill	Woolcock Park Hawthorn Terrace	<b>Every Sunday</b> 8.00am – 9.00am	TAI CHI for Relaxation, Health & Fitness	Rod

**BCC 3403 8888 or Australian Academy of Tai Chi & Qigong 3358 1955 or [www.livingchi.com.au](http://www.livingchi.com.au)**

*It's all about regaining balance physically, mentally and emotionally.*