

Australian Academy of Tai Chi and Qigong - Brisbane – 2024

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 the 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 physically, mentally, and emotionally.

STAFFORD ST CLEMENTS HALL Corner Eudunda & Reuben Streets – parking at rear
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 HOLY SPIRIT CATHOLIC HALL Villiers Street
Tuesdays 6.30pm Tai Chi all levels (incl Beginners) with Master Rod, Christine & Shirley

INDOOROPILLY HOLY FAMILY CATHOLIC HALL Ward St
Wednesdays 6.00pm Tai Chi all levels (incl Beginners) with Anita Steinerts

PADDINGTON PRESBYTERIAN CHURCH HALL 100 Enoggera Terrace – down driveway
Wednesdays 6.30pm Tai Chi all levels (including Beginners & Club) with Master Rod, Paul & Chris
7.30pm **Tai Chi Club Weapons Revision** (till 8.00pm) with Master Rod

MT GRAVATT STATE PRIMARY SCHOOL Logan Road near Herrick St. near Zupps / opposite Spotlight
Thursdays 6.30pm Tai Chi all levels (incl Beginners) with Master Rod & Chris Smerdon

2024 Dates:- Term 3 – July 8 to Sept 13 Term 4 – Sept 30 to Dec 6
Note – no class: New Farm Oct 1, Paddington Sept 11 & Oct 2, Mt Gravatt Sept 12 & Oct 3

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 some Qigong sets and 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 \$10 Mon 7.30-8.30am

Brighton Wellness Hub Cnr Nineteenth Ave and Hornibrook Hwy with Jan \$10 Fridays 8.15-9.15am

NEW WEBSITE DETAILS

www.TaiChiQld.com

All class areas and upcoming events are also listed here.

Free live streaming There are many YouTube

<https://www.youtube.com/@RodFergusonTaiChiMaster>

and Facebook <https://www.facebook.com/TaiChiMasterRod/videos> pre-recorded sessions.



Australian Academy of Tai Chi & Qigong - Qld

www.taichiqld.com

Est. 1976

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Active and Healthy Brisbane 2024



TAI CHI QIGONG FOR MIND & BODY

FREE - JOIN ANY WEEK **

SUBURB	PARK & ADDRESS	DAY	Instructor
Holland Park	Seville Park - meet at playground on Elgar St	Mon 8.00–9.00am: Jul 8-Sep 9; Sep 30-Dec 2 @	Mary
Karana Downs	Kookaburra Park - Caringal Dr shed track behind playground	Mon 9.30–10.30am: Jul 8-Sep 9; Sep 30-Dec 2 @	Roz
Forest Lake	The Lake Parklands - car park off Forest Lake Blvd	Tues 7.00–8.00am: Jul 9-Jul 30; Oct 1-Dec 3	Julian
Norman Park	Wilson Park - meet near playground	Tues 8.00–9.00am: Jul 9-Jul 30; Oct 1-Dec 3	Mary
City	City Botanic Gardens - near Police Memorial	Tues 12.30–1.30pm: Jul 9-Sep 10; Oct 1-Dec 3	Rod
Holland Park	C.B. Mott Park - Abbotsleigh St. near playground	Wed 7.00–8.00am: Jul 10-Sep 11; Oct 2-Dec 4 #	Michael
Wynnum	Wading Pool Park - Wynnum Esp opp Florence St	Wed 8.30–9.30am: Jul 10-Sep 11; Oct 2-Dec 4 #	Paul
Carseldine/Aspley	Aspley Rest Park - Graham Rd, 200m on bike path	Thur 8.30–9.30am: Jul 11-Sep 12; Oct 3-Dec 5	Paul
Newstead	Newstead Park - Newstead Ave picnic shelter near river	Fri 8.30–9.30am: Jul 12-Sep 13; Oct 4-Dec 6	Rod
Hawthorne	Hawthorne Park - meet near children's play area	Fri 9.30–10.30am: Jul 12-Sep 13; Oct 4-Dec 6	Michael
Coopers Plains	St David's Neighbourhood Ctr - 68 Orange Grove Rd	Fri 10.00–11.00am: Jul 12-Sep 13; Oct 4-Dec 6	Anita
Fairfield	Robinson Park - Sydney St near playground	Sun 8.00–9.00am: Jul 14-Sep 8; Oct 6-Dec 8 &	Julian

\$6 per lesson - JOIN ANY WEEK

Kenmore Hills	"Old Friary" - 139 Brookfield Rd meet at back	Mon 7.45–8.45am: Jul 8-Jul 29; Sep 30-Dec 2 @	Julian
Indooroopilly	Keating Park - Belgrave & Stamford Rds	Mon 9.30–10.30am: Jul 8-Sep 9; Sep 30-Dec 2 @	Julian
The Gap	Walton Bridge Reserve - Waterworks Rd	Mon 9.30–10.30am: Jul 8-Sep 9; Sep 30-Dec 2 @	Jan
Mitchelton	Teralba Park - use Osborne Road entrance	Tues 8.30–9.30am: Jul 9-Sep 10; Oct 1-Dec 3	Paul
Chermside West	Huxtable Park - Redbourne Street near Scout hall	Tuesdays 8.30–9.30am	Rod
Bellbowrie	Girl Guides Hall, Booker Park, 89 Birkin Rd	Wed 9.00–10.00am: Jul 10-Sep 11; Oct 2-Dec 4 #	Roz
Kenmore	Akuna Street Park - near playground/footbridge to Sutling St	Wed 9.00–10.00am: Jul 10-Sep 11; Oct 2-Dec 4 #	Julian
Shorncliffe	Lower Moora Park - shelter shed at end of carpark	Wed 9.30–10.30am: Jul 10-Sep 11; Oct 2-Dec 4 #	Jan
Bardon	Lions Park - Fletcher Pde opp Alexandra St	Thur 8.30–9.30am: Jul 11-Sep 12; Oct 3-Dec 5	Jan
17 Mile Rocks	Rocks Riverside Park - Counihan Rd Shed #5 riverside	Thur 9.00–10.00am: Jul 11-Jul 25; Oct 3-Dec 5	Julian
Stafford	Keong Park - Teevan St, near Appleby Rd	Thursdays 9.30–10.30am	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 \$6 - check with instructor **

@ No class Oct 7

No class Aug 14

& No class Sep 1

www.taichiqld.com

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