



TAI CHI & QIGONG

“Workshop with a Master”

31st August and 1st September 2024

Presented by Senior Master Rod Ferguson

AATC National Chief Instructor

Rod has over 45 years of full-time teaching experience in Tai Chi and Qigong. He has trained and learned with many masters and health experts - both traditional and modern (scientific) - here in Australia and overseas.

Learn the slow, graceful, yet strong movements of the Wild Goose Qigong to help restore balance and stimulate the entire energy system of the body and nurture mind, body and spirit

There is something for everyone and suitable for all levels.



Saturday 31st August 2024

Principles and Elements of Wild Goose Qigong

Full Day Session 10am to 4.30pm

LUNCH BREAK 12 pm to 1 pm

Please bring your own lunch, Tea and Coffee provided

Afternoon break 2.30pm to 2.45pm

Location: Hervey Bay Citizens Centre, 28 Totness St, Torquay

Cost: \$95.00 (\$90.00 if prepaid by 16th August 2024)

Sunday 1st September 2024

9.30am to 11.00am: Tai Chi & Qigong Park Practice.

**Location: Hervey Bay Botanical Gardens,
Elizabeth Drive, Urangan**

Meet at the Chinese Pagoda area.

Cost: \$10.00

To book your place, please contact local instructor Margaret

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

**Australian Academy of Tai Chi & Qigong – Queensland
www.TaiChiQLD.com**