

Australian Academy of Tai Chi and Qigong - Brisbane – 2025 Term 1 & 2

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

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

PADDINGTON

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

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

2025 Dates:-

Term 1 – January 28 to April 4 Term 2 – April 22 to Jun 27

Note – no class: Public holidays and Easter

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 Tai Chi Qigong**

Racecourse Rd. St Ledger Lawn. Tai Chi Qigong with Jan \$10 Mon 7.30-8.30am from 3rd Feb

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NEW WEBSITE DETAILS

www.TaiChiQld.com

More information, "Resources", and all class "Locations" and upcoming events are 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.taichiql.com

Est. 1976

click **Facebook** & Like  our page

Active and Healthy Brisbane 2025

Term 1



FREE - JOIN ANY WEEK **

TAI CHI QIGONG FOR MIND & BODY

SUBURB	PARK & ADDRESS	DAY	Instructor
Holland Park	Seville Park - meet at playground on Elgar St	Mon 8.00–9.00am: until Dec 2; Feb 3–Mar 31	Mary
Karana Downs	Kookaburra Park - Carungal Dr shed track behind playground	Mon 9.30–10.30am: until Dec 2; Feb 3–Mar 31	Roz
Forest Lake	The Lake Parklands - car park off Forest Lake Blvd	Tues 7.00–8.00am: until Dec 3; Jan 28–Apr 1	Julian
Norman Park	Wilson Park - meet near playground	Tues 8.00–9.00am: until Dec 3; Jan 28–Apr 1	Mary
City	City Botanic Gardens - near Police Memorial	Tues 12.30–1.30pm: until Dec 3; Jan 28–Apr 1	Rod
Holland Park	C.B. Mott Park - Abbotsleigh St. near playground	Wed 7.00–8.00am: until Dec 4; Jan 29–Apr 2	Michael
Wynnum	Wading Pool Park - Wynnum Esp opp Florence St	Wed 8.30–9.30am: until Dec 4; Jan 29–Apr 2	Paul
Carseldine/Aspley	Aspley Rest Park - Graham Rd, 200m on bike path	Thur 8.30–9.30am: until Dec 5; Jan 30–Apr 3	Paul
Newstead	Newstead Park - Newstead Ave picnic shelter near river	Fri 8.30–9.30am: until Dec 6; Jan 31–Apr 4	Rod
Hawthorne	Hawthorne Park - meet near children's play area	Fri 9.30–10.30am: until Dec 6; Jan 31–Apr 4	Michael
Coopers Plains	St David's Neighbourhood Ctr - 68 Orange Grove Rd	Fri 10.00–11.00am: until Dec 6; Jan 31–Apr 4	Anita
Fairfield	Robinson Park - Sydney St near playground	Sun 8.00–9.00am: until Dec 8; Feb 2–Mar 30	Julian

\$6 per lesson - JOIN ANY WEEK

Kenmore Hills	"Old Friary" - 139 Brookfield Rd meet at back	Mon 7.45–8.45am: until Dec 2; Feb 3–Mar 31	Linde
Indooroopilly	Keating Park - Belgrave & Stamford Rds	Mon 9.30–10.30am: until Dec 2; Feb 3–Mar 31	Joanna
The Gap	Walton Bridge Reserve - Waterworks Rd	Mon 9.30–10.30am: until Dec 2; Feb 3–Mar 31	Jan
Mitchelton	Teralba Park - use Osborne Road entrance	Tues 8.30–9.30am: until Dec 3; Jan 28–Apr 1	Paul
Chermside West	Huxtable Park - Redbourne Street near Scout hall	Tuesdays 8.30–9.30am: to Dec 17, starts Jan 7	Rod
Bellbowrie	Girl Guides Hall, Booker Park, 89 Birkin Rd	Wed 9.00–10.00am: until Dec 4; Jan 29–Apr 2	Roz
Kenmore	Akuna Street Park - near playground/footbridge to Sutling St	Wed 9.00–10.00am: until Dec 4; Jan 29–Apr 2	Linde
Shorncliffe	Lower Moora Park - shelter shed at end of carpark	Wed 9.30–10.30am: until Dec 4; Jan 29–Apr 2	Jan
Bardon	Lions Park - Fletcher Pde opp Alexandra St	Thur 8.30–9.30am: until Dec 5; Jan 30–Apr 3	Jan
17 Mile Rocks	Rocks Riverside Park - Counihan Rd Shed #5 riverside	Thur 9.00–10.00am: until Dec 5; Jan 30–Apr 3	Joanna
Stafford	Keong Park - Teevan St, near Appleby Rd	Thursdays 9.30–10.30am: to Dec 19, starts Jan 9	Rod
New Farm	New Farm Park - Brunswick Street riverbank near ferry	Saturdays 8.00–9.00am: to Dec 21, starts Jan 11	Rod
Red Hill	Woolcock Park - Hawthorn Terrace near playground	Sundays 8.00–9.00am: to Dec 15, starts Jan 12	Rod

** Note: Classes before & after above dates may continue for \$6 - check with instructor **

www.taichiql.com E: ozchi@ozemail.com.au M: 0400 335 645



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

Dedicated to a better Brisbane