

# 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  
Tuesdays

ST CLEMENTS HALL Corner Eudunda & Reuben Streets – parking at rear  
6.30pm Tai Chi all levels (incl Beginners) with Paul Robbins & Linde Chapman  
10.00am **Tai Chi Club** advanced students only with Master Rod & Paul Robbins

## NEW FARM

Tuesdays

HOLY SPIRIT CATHOLIC HALL Villiers Street  
6.30pm Tai Chi all levels (incl Beginners) with Master Rod, Christine & Shirley

## INDOOROOPIILLY

Wednesdays

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

## ALBION

Wednesdays

"The CLAYFIELD" RETIREMENT VILLAGE HALL 469 Sandgate Rd (park off-site)  
6.00pm Beginners 6:40pm Tai Chi Levels with Master Rod, Paul & Chris  
7.20pm **Tai Chi Club Weapons** with Master Rod

## MT GRAVATT

Thursdays

STATE PRIMARY SCHOOL Logan Road near Herrick St. near Zupps / opposite Spotlight  
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

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## NEW WEBSITE DETAILS

**[www.TaiChiQld.com](http://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](http://www.taichiql.com)**

Est. 1976

click **Facebook** & Like our page

# Active and Healthy Brisbane

Jan - June

# 2025



**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: till Mar 31; Apr 28-Jun 2 #	Mary
Karana Downs	Kookaburra Park - Caringal Dr shed track behind playground	Mon 9.30–10.30am: Mar 3-Mar 31; Apr 28-Jun 2 #	Roz
Forest Lake	The Lake Parklands - car park off Forest Lake Blvd	Tues 7.00–8.00am: till Apr 1; Apr 22-Jun 3	Julian
Norman Park	Wilson Park - meet near playground	Tues 8.00–9.00am: till Apr 1; Apr 22-Jun 3	Mary
City	City Botanic Gardens - near Police Memorial	Tues 12.30–1.30pm: till Apr 1; Apr 22-Jun 3	Rod
Holland Park	C.B. Mott Park - Abbotsleigh St. near playground	Wed 7.00–8.00am: till Apr 2; Apr 23-Jun 4	Michael
Wynnum	Wading Pool Park - Wynnum Esp opp Florence St	Wed 8.30–9.30am: till Apr 2; Apr 23-Jun 4	Paul
Carseldine/Aspley	Aspley Rest Park - Graham Rd, 200m on bike path	Thur 8.30–9.30am: till Apr 3; Apr 24-Jun 5	Paul
Newstead	Newstead Park - Newstead Ave picnic shelter near river	Fri 8.30–9.30am: till Apr 4; May 2-Jun 6 #&	Rod
Hawthorne	Hawthorne Park - meet near children's play area	Fri 9.30–10.30am: till Apr 4; May 2-Jun 6 #&	Michael
Coopers Plains	St David's Neighbourhood Ctr - 68 Orange Grove Rd	Fri 10.00–11.00am: till Apr 4; May 2-Jun 6 #&	Anita
Fairfield	Robinson Park - Sydney St near playground	Sun 8.00–9.00am: till Mar 30; Apr 27-Jun 8 #	Julian

**\$6 per lesson** - JOIN ANY WEEK

Kenmore Hills	"Old Friary" - 139 Brookfield Rd meet at back	Mon 7.45–8.45am: till Mar 31; Apr 28-Jun 2 #	Linde
Indooroopilly	Keating Park - Belgrave & Stamford Rds	Mon 9.30–10.30am: till Mar 31; Apr 28-Jun 2 #	Joanna
The Gap	Walton Bridge Reserve - Waterworks Rd	Mon 9.30–10.30am: till Mar 31; Apr 28-Jun 2 #	Jan
Mitchelton	Teralba Park - use Osborne Road entrance	Tues 8.30–9.30am: till Apr 1; Apr 22-Jun 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 8.30-9.30am: till Apr 2; Apr 23-Jun 4	Roz
Kenmore	Akuna Street Park - near playground/footbridge to Sutling St	Wed 9.00–10.00am: till Apr 2; Apr 23-Jun 4	Linde
Shorncliffe	Lower Moora Park - shelter shed at end of carpark	Wed 9.30-10.30am: till Apr 2; Apr 23-Jun 4	Jan
Bardon	Lions Park - Fletcher Pde opp Alexandra St	Thur 8.30–9.30am: till Apr 3; Apr 24-Jun 5	Jan
17 Mile Rocks	Rocks Riverside Park - Counihan Rd Shed #5 riverside	Thur 9.00–10.00am: till Apr 3; Apr 24-Jun 5	Joanna
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 (not Apr 19) #	Rod
Red Hill	Woolcock Park - Hawthorn Terrace near playground	Sundays 8.00–9.00am (not Apr 20) #	Rod

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

# No class Easter weekend

& No class Anzac Day

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



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

Dedicated to a better Brisbane