

Australian Academy of Tai Chi & Qigong – Qld

“MORE GOOD VIBES”
Energy Vibrations for
Mind and Body Wellness

A Sound Immersion and Mindful Meditation with
Master Rod & Friends

Drift into a deep relaxation. Allow every cell in your body to be stimulated with healing vibrations from hand-made therapeutic instruments.

Sound vibrations modulate biological signalling and health.

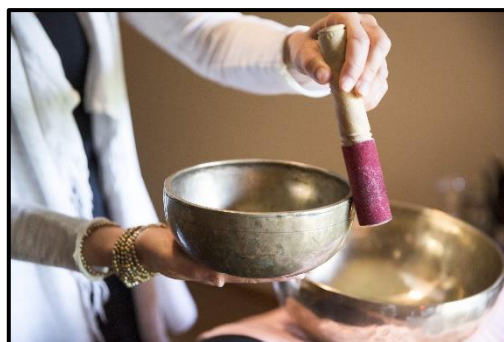
Sound healing has been used for thousands of years and utilised in various forms by cultures worldwide, including the Australian didgeridoo and the ancient Chinese standing bells. Yet, it's also on the frontiers of modern neuroscience.

The vibrations go through your body, gently releasing deep tension. At the end, you feel refreshed, mentally bright and deeply relaxed.

Sunday 10th September 9.30-10.30am

Woolcock Park

Hawthorn Terrace, Red Hill



\$12 prepaid or \$15 on the day

Pay your instructor or EFT Westpac New Farm AUSCHI 034-065 130098

email ozchi@ozemail.com.au - www.livingchi.com.au

There is a \$6 Tai Chi Qigong Park session from 8-9am,
then morning tea (optional to bring a plate to share).

Bring your own chair or mat.