

TAI CHI & QIGONG

FOR RELAXATION & HEALTH

The ancient art exercise to improve the modern lifestyle!

Enjoy learning the relaxing exercises step by step each week and progress through from beginners, to intermediate then on to advanced. Friendly fully qualified & experienced instructor.

NORTH BUNDABERG Progress Hall

Queen Street

Mondays 6:00-8:00pm

Tai Chi Club

Wednesday 6:00pm-7:30pm

Beginners & Intermediate

Carlyle Gardens Retirement Village,

Woongarra Scenic Drive, Bargara

Tuesdays 8:30am-9:30am

The Lakes Retirement Village,

Mt Perry Rd. North Bundaberg

Fridays 9:30am-10:30am

MOORE PARK BEACH Community Hall

Club Avenue

Wednesday 9:30am- 10:30am

Qiqong & Tai Chi

TERM DATES 2023

TERM 1 -- 30th Jan to 29th March

TERM 2 -- 17th April to 21st June

TERM 3 -- 10th July to 13th Sept

TERM 4 -- 9th Oct to 6th Dec

Check our website for updates, other events and much more (articles & stories, video & pictures etc)

Australian Academy of Tai Chi & Qigong

Phone **4154 8677** or **0448 677 005**

www.livingchi.com.au

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"Enjoy Peaceful Tranquillity as You Exercise to Improve Your Lifestyle"

"We guarantee authentic Tai Chi taught by professionally trained instructors".

- Grandmaster Gary Khor, Founder.

