

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.*

DAYTIME PARK SESSIONS Tuesdays 9.30-10.30am

Easy Tai Chi Qigong at CENTENARY LAKES CABOOLTURE

Meet in the Elliott Street carpark

Casual **FREE** sessions run, 24th January to 13th June (no class 4th, 11th & 25th April)
sponsored by **Moreton Bay Regional Council**

Beginners can join at anytime

DAYTIME PARK SESSIONS Tuesdays 11.30-12.30am

Easy Tai Chi Qigong at BRIBIE ISLAND

Gary Parsons Park, South Esplanade near the exercise equipment

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sponsored by **Moreton Bay Regional Council**

Beginners can join at anytime

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

Australian Academy of Tai Chi & Qigong

Phone 0414 569 492

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".
1976 - Grandmaster Gary Khor, Founder.***