

Australian Academy of Tai Chi and Qigong - Brisbane – 2025 Term 3 & 4

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

INDOOROPILLY

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

7.20pm **Tai Chi Club Weapons** with Master Rod

MT GRAVATT **

Thursdays

STATE PRIMARY SCHOOL Logan Road near Herrick St. opposite Anaconda

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

2025 Dates:-

Term 3 – July 14 to September 19

Term 4 – October 7 to December 12 (** starts Oct 14)

Note – no class: King's Birthday (Oct 6) and Ekka (Aug 13)

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

*Albion \$30 extra for weapons practice (1/2 hour extra)

Tai Chi 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

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

July - December

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: Jul 14-Sep 15; Oct 13-Dec 8 @	Mary
Karana Downs	Kookaburra Park - Caringal Dr shed track behind playground	Mon 9.30–10.30am: Jul 14-Sep 15; Oct 13-Dec 8 @	Roz
Forest Lake	The Lake Parklands - car park off Forest Lake Blvd	Tues 9.00–10.00am: Jul 15-Sep 16; Oct 7-Dec 9	Joanna
Norman Park	Wilson Park - meet near playground	Tues 8.00–9.00am: Jul 15-Sep 16; Oct 7-Dec 9	Mary
City	City Botanic Gardens - near Police Memorial	Tues 12.30–1.30pm: Jul 15-Sep 16; Oct 7-Dec 9	Rod
Holland Park	C.B. Mott Park - Abbotsleigh St. near playground	Wed 7.00–8.00am: Jul 16-Sep 17; Oct 8-Dec 10 #	Dale
Wynnum	Wading Pool Park - Wynnum Esp opp Florence St	Wed 8.30–9.30am: Jul 16-Sep 17; Oct 8-Dec 10 #	Paul
Carseldine/Aspley	Aspley Rest Park - Graham Rd, 200m on bike path	Thur 8.30–9.30am: Jul 17-Sep 18; Oct 9-Dec 11	Paul
Newstead	Newstead Park - Newstead Ave picnic shelter near river	Fri 8.30–9.30am: Jul 18-Sep 19; Oct 10-Dec 12	Rod
Hawthorne	Hawthorne Park - meet near children's play area	Fri 9.30–10.30am: Jul 18-Sep 19; Oct 10-Dec 12	Dale
Coopers Plains	St David's Neighbourhood Ctr - 68 Orange Grove Rd	Fri 10.00–11.00am: Jul 18-Sep 19; Oct 10-Dec 12	Anita
Fairfield	Robinson Park - Sydney St near playground	Sun 8.00–9.00am: Jul 20-Sep 21; Oct 12-Dec 14	Rod

\$6 per lesson - JOIN ANY WEEK

Kenmore Hills	"Old Friary" - 139 Brookfield Rd meet at back	Mon 7.45–8.45am: Jul 14-Sep 15; Oct 13-Dec 8 @	Linde
Indooroopilly	Keating Park - Belgrave & Stamford Rds	Mon 9.30–10.30am: Jul 14-Sep 15; Oct 13-Dec 8 @	Joanna
The Gap	Walton Bridge Reserve - Waterworks Rd	Mon 9.30–10.30am: Jul 14-Sep 15; Oct 13-Dec 8 @	Jan
Mitchelton	Teralba Park - use Osborne Road entrance	Tues 8.30–9.30am: Jul 15-Sep 16; Oct 7-Dec 9	Paul
Chermside West	Huxtable Park - Redbourne Street near Scout hall	Tuesdays 8.30–9.30am (not Sep 23, 30)	Rod
Bellbowrie	Girl Guides Hall, Booker Park, 89 Birkin Rd	Wed 8.30–9.30am: Jul 16-Sep 17; Oct 8-Dec 10 #	Roz
Kenmore	Akuna Street Park - near playground/footbridge to Sutling St	Wed 9.00–10.00am: Jul 16-Sep 17; Oct 8-Dec 10 #	Linde
Shorncliffe	Lower Moora Park - shelter shed at end of carpark	Wed 9.30–10.30am: Jul 16-Sep 17; Oct 8-Dec 10 #	Jan
Bardon	Lions Park - Fletcher Pde opp Alexandra St	Thur 8.30–9.30am: Jul 17-Sep 18; Oct 9-Dec 11	Jan
17 Mile Rocks	Rocks Riverside Park - Counihan Rd Shed #5 riverside	Thur 9.00–10.00am: Jul 17-Sep 18; Oct 9-Dec 11	Joanna
Stafford	Keong Park - Teevan St, near Appleby Rd	Thursdays 9.30–10.30am (not Sept 25, Oct 2)	Rod
New Farm	New Farm Park - Brunswick Street riverbank near ferry	Saturdays 8.00–9.00am (not Sept 27, Oct 4)	Rod
Red Hill	Woolcock Park - Hawthorn Terrace near playground	Sundays 8.00–9.00am: Jul 20-Sep 21; Oct 12-Dec 14	Paul

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

@ No class Oct 6

No class Aug 13

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