

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.

New Beginners Welcome

Mondays 5.30pm

**TOOWOOMBA
Indoor Bowls Hall
Annand St**

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

Australian Academy of Tai Chi & Qigong

Phone 0438 952 429

www.TaiChiQld.com

www.youtube.com/@RodFergusonTaiChiMaster
www.facebook.com/TaiChiMasterRod/videos



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

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

- Grandmaster Gary Khor, Founder.