



Tai Chi & Qigong Workshop

50 years – Golden Jubilee

Grandmaster Gary Khor

Founder of the Academy in 1976 as an emerging young master, but with a lifetime of exposure to Chinese Health Culture. He has medals, certificates and diplomas. Featured in the media many times and as lead supporting actor teaching Chris Hemsworth in the LIMITLESS Documentary - episode 6 (Directed by Darren Aronofsky). This workshop will help fund next year's new Australia-China Tai Chi documentary.

<https://australianacademyoftaichi.com.au/grandmaster-gary-khor/>

- ✓ 8 Golden Treasures - Shaolin Lohan - Tai Chi internal Skills - Mind Power Qigong
- ✓ Qi: How to develop and feel intrinsic energy
- ✓ New era therapies for: Falls Prevention, Dementia, Parkinson's, Health & Longevity.
- ✓ Principles/Philosophy: Tao, Yin/Yang, Five Elements, 8 Trigrams
- ✓ **Shaolin Qigong & Meditation used by the monks: Mind & Body Strengthening. Bone Breathing meditation to develop inner power and tranquility.**



Date & Time

Saturday 10th October 2026

Session 1:
10:00am - 12:30pm

Session 2:
1:30pm - 4:00pm



Location

Holy Spirit Hall,
Villiers St.
New Farm, QLD
4005



Price

Half Day - \$75

Full Day - \$150



Lunch Break - BYO Lunch & Snacks

A profound experience to immerse yourself in the vibe of practice with a highly attuned significant Master of the modern era. Although he has endless depth and knowledge of the traditions from ancient times, his transmission is clear and easy to share in.

BOOK NOW

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