

Australian Academy of Tai Chi and Qigong - Brisbane – 2026 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 to manage stress and fatigue, both physically, mentally, and emotionally.

STAFFORD

Mondays

ST CLEMENTS HALL Corner Eudunda & Reuben Streets – parking at rear

6.30pm Tai Chi all levels (incl Beginners) with Paul Robbins & Linde Chapman

Tuesdays

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

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

2026 Dates:-

Term 3 – July 13 to September 18

Term 4 – October 6 to December 11

Note: No classes Brisbane Show Day (August 12) King's Birthday (October 5)

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

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 a confirmation email to ozchi@ozemail.com.au.
- 2) Phone 0400 335 645 for credit card payment.
- 3) Pay direct to your instructor.

TAI CHI QUEENSLAND WEBSITE DETAILS

www.TaiChiQld.com

More information, "Resources", and all class "Locations" and upcoming events are listed here.

Lists of movement names.

Free live streaming. There are many YouTube videos free to watch

<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



July to December

2026

These activities are supported and funded by Brisbane City Council as part of Council's Move Well Brisbane program

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 13-Sep 14; Oct 12-Dec 7 @	Mary
Karana Downs	Kookaburra Park - Caringal Dr shed track behind playground	Mon 9.30–10.30am: Jul 13-Sep 14; Oct 12-Dec 7 @	Dale
Forest Lake	The Lake Parklands - car park off Forest Lake Blvd	Tues 9.00–10.00am: Jul 14-Dec 15	Peter
Norman Park	Wilson Park - meet near playground	Tues 8.00–9.00am: Jul 14-Sep 15; Oct 6-Dec 8	Mary
City	City Botanic Gardens - near Police Memorial	Tues 12.30–1.30pm: Jul 14-Dec 15	Rod
Holland Park	C.B. Mott Park - Abbotsleigh St. near playground	Wed 7.00–8.00am: Jul 15-Sep 16; Oct 7-Dec 16 &	Dale
Wynnum	Wading Pool Park - Wynnum Esp opp Florence St	Wed 8.30–9.30am: Jul 15-Sep 16; Oct 7-Dec 9 &	Paul
Carseldine/Aspley	Aspley Rest Park - Graham Rd, 200m on bike path	Thur 8.30–9.30am: Jul 16-Sep 17; Oct 8-Dec 10	Paul
Sherwood	Sherwood Arboretum - meet at picnic tables near river	Thur 9.00–10.00am: Jul 16-Sep 17; Oct 8-Dec 17	Dale
Newstead	Newstead Park - Newstead Ave picnic shelter near river	Fri 8.30–9.30am: Jul 17-Dec 18	Rod
Hawthorne	Hawthorne Park - meet near children's play area	Fri 9.30–10.30am: Jul 17-Sep 18; Oct 9-Dec 18	Dale
Coopers Plains	St David's Neighbourhood Ctr - 68 Orange Grove Rd	Fri 10.00–11.00am: Jul 17-Sep 18; Oct 9-Dec 11	Anita
Fairfield	Robinson Park - Sydney St near playground	Sun 8.00–9.00am: Jul 19-Dec 13	Rod

\$6 per lesson - JOIN ANY WEEK

Kenmore Hills	"Old Friary" - 139 Brookfield Rd meet at back	Mon 7.45–8.45am: Jul 13-Dec 14 @	Linde
Indooroopilly	Keating Park - Belgrave & Stamford Rds	Mon 9.30–10.30am: Jul 13-Dec 14 @	Peter
The Gap	Walton Bridge Reserve - Waterworks Rd	Mon 9.30–10.30am: Jul 13-Sep 14; Oct 12-Dec 7 @	Jan
Mitchelton	Teralba Park - use Osborne Road entrance	Tues 8.30–9.30am: Jul 14-Sep 15; Oct 6-Dec 8	Paul
Chermside West	Huxtable Park - Redbourne Street near Scout hall	Tuesdays 8.30–9.30am until Dec 15	Rod
Bellbowrie	Girl Guides Hall, Booker Park, 89 Birkin Rd	Wed 9.00–10.00am: Jul 15-Sep 16; Oct 7-Dec 9 &	Roz
Kenmore	Akuna Street Park - near playground/footbridge to Sutling St	Wed 9.00–10.00am: Jul 15-Sep 16; Oct 7-Dec 9 &	Linde
Shorncliffe	Lower Moora Park - shelter shed at end of carpark	Wed 9.30–10.30am: Jul 15-Sep 16; Oct 7-Dec 9 &	Jan
Bardon	Lions Park - Fletcher Pde opp Alexandra St	Thur 8.30–9.30am: Jul 16-Sep 17; Oct 8-Dec 10	Jan
17 Mile Rocks	Rocks Riverside Park - Counihan Rd Shed #5 riverside	Thur 9.00–10.00am: Jul 16-Dec 17	Peter
Stafford	Keong Park - Teevan St, near Appleby Rd	Thursdays 9.30–10.30am until Dec 17	Rod
New Farm	New Farm Park - Brunswick Street riverbank near ferry	Saturdays 8.00–9.00am until Dec 19	Rod
Red Hill	Woolcock Park - Hawthorn Terrace near playground	Sundays 8.00–9.00am: Jul 19-Sep 20; Oct 11-Dec 13	Paul

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

& No class Aug 12

@ No class Oct 5

www.taichiqlld.com E: ozchi@ozemail.com.au M: 0400 335 645

For more BCC activities, search for "Move Well Brisbane" or phone 3403 8888



Dedicated to a better Brisbane