



PARK LESSON: Australian Academy of Tai Chi national chief instructor Master Rod Ferguson will lead a park lesson on July 25 at the Botanical Gardens. Picture supplied

Tai Chi instructor shares knowledge

Master Rod brings workshop to town

THE Australian Academy of Tai Chi national chief instructor Master Rod Ferguson will travel to Rockhampton in July to host a Tai Chi workshop.

The workshop will be titled "Qigong and Tai Chi – the Real Basics and Benefits".

These benefits include improvements in all bodily systems from the joints and circulation to posture and the immune system.

Master Rod has 30 years of

full-time teaching experience and has earned very high honours in Australia, America and China.

He will lead the workshop on Saturday, July 24, from 1pm to 4pm at North Rockhampton Uniting Church Hall, corner Berserker and Robinson streets.

The cost will be \$45 or \$39 concession, with \$5 discount if paid before July 14.

There will also be a park

lesson on Sunday, July 25, from 9am to 10.30am at the Botanical Gardens, between the Cenotaph and the Japanese Gardens.

For further information phone Debbie Van Nunen of The Australian Academy of Tai Chi, Rockhampton branch, on 4936 1858 during business hours or 0401 469 397.

She said all interest residents were invited to take advantage of Master Rod's visit.