



TAI CHI & QIGONG

**“Workshop with a Master”
28th & 29th October, 2017**

Presented by Senior Master Rod Ferguson
AATC National Chief Instructor

Rod has over 40 years full time teaching experience in Tai Chi & Qigong. He has trained and learned with many masters and health experts – both traditional & modern (scientific) – here and overseas.

Rod has distilled the essence of these skills to be able to present you with information you need to get the greatest benefit from your own practise. Join us to play and learn.

There is something for everyone and suitable for all levels.



Saturday 28th October

10 am to 11am: Lohan 1

11am to 11.15am Break (Tea and Coffee provided)

11.15am to 12.30pm: Lohan 2

LUNCH BREAK 12.30PM TO 1.30PM

(Lunch will be provided for full day attendance)

1.30pm to 2.30pm: Shibashi X

2.30pm to 2.45pm Break (Tea and Coffee provided)

2.45pm to 4pm: Shibashi X

Location: North Rockhampton Uniting Church Hall
Corner of Berserker and Robinson Streets

Cost: \$85 Full Day (\$75 if paid by 15th September)
\$40.00 Morning Session (\$35.00 prepaid)
\$45.00 Afternoon Session (\$45.00 prepaid)

Sunday 29th October

9.30am to 10.30am: Tai Chi & Qigong Park Practice.

Cost \$10.00

Location: Rockhampton Botanical Gardens
Between Cenotaph and Japanese Gardens.

**Book your place, with your instructor
or ring Debbie Van Nunen Ph 0437 740 278**