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1-012 Monday Tai Chi Qigong - The Gap (NP) [1]

Description

Activity Type: Recreation [2] Relaxation Techniques [3] Tai Chi [4] State and Region: Qld [5] Brisbane [6]

Due to Covid-19, some programs are not currently running. Please contact the venue before attending

Tai Chi Qigong is a mindfulness practice of Taoist internal energy meditation.

Applying these principles of mindfulness for self-care and restoration provides you with perspectives and tools for managing stress and fatigue on physical, mental and emotional levels.

For more information, head to

Details

Venue: Walton Bridge Reserve Address: Waterworks Road Suburb: The Gap Time: 9.30am - 10.30am Schedule: Monday Cost: FREE

Contact Information

Agency: Australian Academy of Tai Chi Contact: Jan Phone: 07 3358 1955 Email: cathie@ozemail.com.au [8]

Source URL: https://reclink.org/programs/reclink-national-program/1-012-monday-tai-chi-qigong-gap-np

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[7] http://www.livingchi.com.au/

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