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# 2-019 Tuesday Tai Chi Qigong - Forest Lake (SG) [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: The Lake Parklands Address: Car park off Forest Lake Boulevard Suburb: Forest Lake Time: 7:00am - 8:00am Schedule: Tuesdays Cost: FREE

## Contact Information

Agency: Australian Academy of Tai Chi Contact: Julian Phone: 07 3358 1955 Email: [redacted] [8]

Source URL: https://reclink.org/programs/reclink-national-program/2-019-tuesday-tai-chi-qigong-forest-lake-sg

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